THE good hufvvifes Ievvell.

VVherein is to be found moſt excellent and rare Deuiſes for Conſeites in *Cookerie, found out by the practiſe of* THOMAS DAWSON.

Whereunto is adioyned ſundry approued reſeits for many ſoueraine Oyles, and the way to diſtill many precious waters, with diuers approued medicines for many diſeaſes.

Alſo certain approued points of husbandry, very neceſſarie for all Husbandmen to know.

Newly ſet forth with Additions. *1587.*

Imprinted at London by Iohn Wolfe *for Edward White, dwelling at the litle North doore of Paules at the ſigne of the Gunne.* 1587.

Here followeth the order of meates, how they must be serued at the Table, with their sauces for flesh daies at dinner.

The first course.

Potage or stewed Broath. Boyled meate or stewed meate. Chickins and Bacon. Powdred Beefe. Pies. Goose. Pigge. Rosted Beefe. Rosted veale. Custard.

The second course.

Roasted Lambe. Roasted Capons. Roasted Conies. Chickins. Pehennes. Baked Venison. Tart.

The first course at Supper.

A Salet. A Pigges Petitoe. Powdred Beefe slised. A Shoulder of Mutton or a Breast. Veale. Lambe. Custard.

The second course.

Capons roasted. Connies roasted. Chickins rosted. Pigions rosted. Larkes rosted. A pye of Pigions or Chickins. Baked Venison. Tart.

The seruice at Dinner.

A dosen of Quayles. A dish of Larkes. Two pasties of red deare in a dish. Tarte, Ginger bread. Fritters.

Seruice for Fish dayes.

Butter. A sallet with hard Egges. Potage

of sand Eles and Lamperns. Red Hearing greene broyled strowed vpon. White hearing. Ling. Haburdine. Mustard. Salt Salmon minced. Two pasties of fallowe Deare in a dish. A Custard. A dish of Leeches.

The second course.

Jelly. Peacocks. Sauce wine and Salt. Two Conies or halfe a dosen rabets, sauce Mustard and suger. Halfe a dosen of Pigions. Mallard. Coyle. Sauce mustard and vergious. Gulles. Storke. Heronshewe. Crabbe. Sauce Galentine. Curlew. Bitture. Bustarde. Feasant. Sauce, water and Salt, with Onyons sliced. Halfe a dosen Woodcocks, Sauce, Mustard and Suger. Halfe a dosen Teales, Sauced as the Fesants. A dosen of Quayles. A dish of Larks. Two Pasties of red Deare in a dish. Tarte. Ginger bread. Fritters.

Service for fish dayes.

Butter. A Sallet with hard Egges. Potage of sand Eeles, and Lamperns, Red Hearing, greene broyled strowed vpon. White hearing, Ling, Haburdine. Sauce, Mustard. Salt Salmon minced. Sauce, Mustard and vergious, and a litle Suger. Powdred Conger. Shadde. Mackrell

Sauce

Sauce vineger.

Whyting: Sauce, with the Liuer & Muſtard. Playce: Sauce. Sorrel, or wine, and Sault, or Muſtard, or Vergious.

Thorneback: ſauce, Liuer and muſtard, Pepper and ſault ſtrowed vpon, after it is broyled. Freſh Cod: Sauce greene ſauce. Dace, Mullet, Eeles vpon Soppes. Roch vpon ſoppes. Perche. Pike in Pikeſauce. Trowte vpon ſoppes. Tench in Gelly or Grelyll. Cuſtard.

The ſecond courſe.

Flounders or Flokes Pike ſauce. Freſh Salmon. Freſh Conger, Brette, Turbut. Halybut. Sauce Vineger.

Breame vpon ſoppes. Carpe vpon ſoppes. Soles or any other Fiſhes fried. Roſted Eele: Sauce the dripping. Roſted Lamperns. Roſted Porpos. Freſhe Sturgion. Sauce Galentine.

Creuis, Crab, Shrimps. Sauce vineger.

Baked Lamprey, Tarte, Figges, Apples, Almondes blaunched, Cheeſe, Rayſins, Peares.

FINIS.

To boyle Larkes.

TAke sweete Bread, and straine it into a pipkin, & set it on the fire, and put in a peece of Butter, & skimme it as cleane as ye can, and put in spennedge, and Endiue, and cut it a little, and so let it boyle, and put in Pepper, Cloues and Mace, Synamome and Ginger, and a litle Vergious, and when you serue them vp, lay soppes in the dish.

To boile Conyes.

TAke a Cony and perboyle it a litle, then take a good handful of persely and a few sweete hearbes the yolke of iiii. hard egges chop them all together then put in pepper and a fewe currantes, and fill the Conies bellie ful of Butter then pricke her head betweene her hinder legges and breake her not and put her into a faire earthen pot with mutton broth and the rest of the stuffe roll it vp round and put it in withall and so boyle them well together and serue it with soppes

To

To boyle a Cony.

YOu must boyle your Cony, and streine your Sweete bread into a Pipkin, and put in your meate, skumme it as cleane as you can, and put in a good deale of Endiue, and cut it a litle, and a good peece of Butter, and all kind of spices, and a little vergious, and so serue it on soppes.

To boyle Chickins.

FIrst you shall take Chickins and boyle them with grapes and with a racke of Mutton together and let the racke of Mutton boyle before the Chickins one houre and a halfe and then make a bunch of herbs with Rosemarie, Time, Sauory and Isope, and also Margerum and binde them fast together, put them in the pot, and when you see your time put in your Chickins with Persely in their bellies and a little sweete butter, vergious, and peper, & when you haue so done boyle your grapes in a litle pipkin by themselues with some of the broth of the Chickins, but take heede you boyle not them too much nor yet too litle, and then take the yolkes of fire egges and streine them with a little broth of the pot, and when they are streyned put them in the pipkin to the grapes and stirre them and

when they begin to boyle take them from the fire and stirre them a good while after you haue taken them vp and then haue you Syppets ready in a platter, and lay your meate vpon it, and then take your pipkins and grapes and al that is in them and powre it vpon the meate. And after this sort serue it in.

To boyle Mutton and Chickins.

TAke your Mutton and Chickins and set vpon the fire with faire water and when it is well skimmed, take two handfull of Cabbadge Lettice, a handfull of currants a good peece of butter the iuyce of two or three leammans a good deale of grosse Pepper and a good peece of Suger, and let them seeth all well together, then take three or foure yolkes of egges together harde rosted and straine them with parte of your broth, let them seeth a quantitie of an houre. Serue your broth with meate vpon Sippets.

To boyle Chickins.

STreine your broth into a pipkin, & put in your chickins, and skumme them as cleane as you can, and put in a peece of butter, and a good deale of Sorrell, and so let them boyle, and put in all maner of spices,

and

and a little vergyce pycke, and a felwe Barberies, and cut a Lemman in peeces, and ſcrape a litle Sugar vpon them, and laye them vppon the chickins when you ſerue them vp, and lay ſoppes vpon the diſh,

An other way to boyle Chickins.

You muſt ſtreine your broth into a pipkin, and ſet it a boyling, and ſkumme it and put in a peece of butter, and endiue, and ſo let it boyle, and a felwe currants, al maner of ſpices, and ſo ſerue it on ſoppes.

To boyle Plouers.

You muſt ſtreine your ſweet broth into a pipkin, and let them on the fire, and when they boyle, you muſt ſkumme them, and then put in a peece of butter, and a good deale of ſpinnedge, and a litle perſely, and a peece of carret rote cut verie ſmall, and a felwe currants, and ſo let them boyle, and all manner of ſpices, and a little white wine, and a litle vergice, and ſo ſerue them vpon ſoppes.

To boyle Teales.

Take ſweete broth and Onions, & ſhred them, and Spennedge, and put in butter and pepper, and then leyze it with

toſſes of bread, with a litle vergious, and ſo ſerue it on ſoppes.

To boile ſteaks between two diſhes.

YOu muſt put Perſely and Currants, and Butter and vergious, two or three yolkes of Egges, and Pepper, Cloues and Mace, and ſo let them boyle together, and ſerue them vpon ſoppes.

To boyle a neates tongue.

IN primis, in faire Water and ſalt, then pæle it, and cut it in the middle, and then boyle it in red wine, & fill him full of cloues, and a litle ſugar, and then waſh it with a litle ſwéete broth, to doe away the ſent of the wine, and you muſt make a litle red Puſket with red wine and prunes boyled together, then ſtreine it, and ſtreine a litle Muſtard in a fine cloute together, and ſo ſerue it vp.

To boyle a Capon.

PVt the Capon into the pouder béefe pot and when you thinke it almoſte tender take a litle potte and put therein halfe water and halfe wine, marie, currants, dates, whole mace, vergice, pepper & a litle time.

The boyling of a Capon.

SEeth the Capon it ſelf in water and ſalt and nothing elſe and to make the broth

Vide-

Videl. take ſtrong broth made with beefe or mutton or both, ſo that it be ſtrong broth & put into it, roſemarie, perſelie & time, with iiii. leaues of ſage, this let ſeeth in it a good while, and then put into it ſmall raiſons and a fewe whole mace, A quarter of an houre before it be readie to be taken from the fire haue readie ſodden foure or v. egges boyled hard take nothing out but the yolks ſtreyne the egges with a litle of the ſame broth and vergice, haue a litle marie cutte in ſmall peeces, and an apple pared and cutte in ſmall peeces, and if that time of yeare do ſerue take the beſt of lettice cutting of the toppes to the white and beſt, and take a fewe prunes with a few dates two or three.

Thus let it ſeeth a quarter of an houre or more and when it is readie to take vp haue your diſh with ſoppes readie, and the water well ſtrained out of the capon, and then ſeaſon the broth with a little pepper, then take it and diſh it and ſcrape vpon it a litle ſuger laying ẏ Prunes round about the diſh ſide.

To boile a Capon with Orenges and Lemmans.

TAke Orenges or Lemmans pilled and cut them the long way, and if you can keepe your cloues whole and put them into

into your best broth of mutton or capon with prunes or currants and three or foure dates, and when these haue bene well sodden put whole pepper great mace, a good peece of suger, some rose water, and eyther white or claret wine and let all these seeth together a while & so serue it vpon soppes with your capon.

To boyle a Capon in whit broth with Almondes.

TAke your Capon with marie bones and set them on the fire, and when they be cleane skimmed take the fattest of the broth, and put it in a little pot with a good deale of marie, prunes, raisons, dates whole maces, & a pint of white wine, then blanch your Almonds and strain them, with them thicken your potte & let it seeth a good while and when it is enough serue it vpon soppes with your Capon.

To boyle a Capon in white broth.

TAke a good Capon and scalde him and trusse him and when he is faire washed put him in your pot, and take a good marie bone too, or if you haue no marie bone take a necke of Mutton and when your capon is halfe boyled take a pottle of the vppermost of your broth and put it into a faire

posnet, Then take two handfulles of fine currants, and viii. dates cut euerie one of them in foure peeces & foure or fiue whole mace, foure sponfulles of vergious, and as much suger as a negge, a litle Time, and a litle Persely, and a litle margerum, and if you haue no Margerum, then one small sprig of rosemarie, bind al your hearbs fast together, and when you haue cleane washed them put to the saide hearbes suger, currants, mace, and vergice into your posnet and a grated nutmegge, and let them boyle all together, and when it is almost enough haue a small handfull of Almondes blanched and beaten and streyned with a little of the same licor, and put that into your broth a good quarter of an houre before you take it vp and that will make it white, you must also put in some good peeces of marie, and let not the marie and the dates seeth aboue halfe an houre, you must take a good handful of prunes and tie them in cleane clothes & seeth them in the broth where the Capon is, when you take vp your Capon to serue it in, lay a few sippets in the bottome of your platter and lay a fewe Prunes and Barberies both about the brimme of the platter, and also vpon the

Capon,

Capon, you may boyle Chickins in the like sort.

To make boyled meates for dinner.

TAke the ribbes of a necke of mutton and stuffe it with margerum, sauery, time, perselie chopped smal, currants, with the yolkes of two egges, pepper, & salt, then put it into a posenet with faire water, or else with the liquor of some meate with vineger pepper and salt, and a litle butter and so serue it.

To boyle meates for supper.

TAke veale and put it into a posnet with carret roots cut in long peeces then boile it and put thereto a handfull of prunes and crummes of Bread, Then season it with pepper salt and vineger.

To boyle a legge of Mutton with a Pudding.

FIrst with a knife raise the skinne round about til you come to the ioynts & when you haue perboyled the meate, shred it fine with sweete or marie, Perselie, Margerum and penyriall then season it with pepper, and salt, cloues, mace, and synamom, and take the yolkes of iv. or v. egges, and mingle with your meate a good handfull of currants, and a fewe minced dates and put the meate

meate into the skinne of the legge of mutton and close it with prickes and so boyle it with the broth that you boyle a Capon and let it seeth the space of two houres.

To boile Pigges feete and Petitoes.

TAke and boyle them in a pint of vergice and bastard take iiii. dates minced with a fewe small raysons then take a litle time and choppe it smal and season it with a litle synamon and ginger and a quantitie of vergice.

To make a mortis.

TAke almondes and blanche them, and beate them in a Mortar, and boyle a Chickin, and take all the flesh of him and beate it, and streine them together, with milke and water, and so put them into a pot, and put in Suger, and stirre them still, and when it hath boyled a good while, take it of, and set it a cooling in a payle of water, and streine it againe with Rose water into a dish.

To boyle a Lambes head and purtenance.

STreine your broth into a pipkin, and set it on the fire, and put in butter, and skumme it as cleane as you can, and put in your meate, and put in endive, and cut

cut it a litle, and streine a litle yealke, and put into it, and currants and prunes, and put in all maner of spices, and so serue it vpon soppes.

To boyle Quailes.

FIrst, put them into a Pot with sweete broth, and set them on the fire: then take a Carret roote, and cut him in peeces, and put into the potte, then take parsely with sweete hearbes, and chop them a litle, and put them into the Potte, then take Sinamome, Ginger, Nutmegges, and Pepper, and put in a litle Uergice, and so season it with salt, serue them vpon soppes, and garnish them with fruite.

To make stewed Steakes.

TAke a peece of Mutton, and cut it in peeces, and wash it verie cleane, and put it into a faire pot with Ale, or with halfe wine, then make it boyle, and skumme it cleane, and put into your pot a faggot of Rosemarie and time: then take some Parsely picked fine, and some onions cut round, and let them all boyle together, then take prunes, & reasons, dates, and currants, and let it boile altogether, and season it with Sinamon and ginger, Nutmegs, two or three Cloues and Salt, and so serue it on

it on ſoppes, and garniſh it with fruite.

To ſtewe Calues feete.

TAke calues feete faire blanched and cut them in the halfe, & when they be more then halfe boyled, put to them great raiſons, mutton broth, a little ſaffron and ſweete butter, pepper, ſuger, and ſome ſweet hearbes finely minced, boyle calues feete, ſheepes feete, or lambes feete with mutton broth ſweete hearbes and Onions chopped fine, butter and Pepper, and when they boyle, take the yolke of an egge and ſtraine it with vergice ſo ſerue it.

To ſtewe a Mallard.

TAke your Mallard and ſeeth him in faire water with a good marie bone and in cabbadge worth or cabbadge lettice or both or ſome perſneps rots, and carret rotes, and when all theſe be well ſodden put in prunes, put in prunes enough and three dates, and ſeaſon him with ſalt, cloues, and mace, and a little ſuger & pepper and then ſerue it forth with ſyppets & put the marie vpon them, and the whole mace lay on the ſyppets, and the dates quartered and the prunes and the rotes cut in round ſlyces, & lay them vpon the ſippets alſo & the cabbadge leaues lay vpon the Mallard.

To make Aloes.

TAke a legge of veale, or mutton, and slice it in thinne slices, & lay them in a platter and caste on salt, and put thereon the yolkes of tenne egges and a great sort of small raisons and dates, finely minced, then take veniger, and a litle saffron, cloues, and mace, and a litle pepper, and mingle it together and powre it al about it, and then al to worke it together, and when it is thorowly seasoned put it on a spit, and set platters vnderneath it, and baste it with butter, and then make a sauce with vineger, and ginger, and suger, and lay the aloes vpon it and so serue it in.

To make Fritters of Spinnedge.

TAke a good deale of Spinnedge, and wash it cleane, then boile it in faire water, and when it is boiled, then take it forth and let the water runne from it, then chop it with the backe of a knife, and then put in some egges and grated bread, and season it with suger, sinamom, ginger and pepper, dates minced fine, and currants, and rowle them like a ball, and dippe them in butter made of Ale and flower.

A Fritter to be made in a Moulde.

TAke

TAke Ore white and mince it fine, then take Dates, and mince them fine, then take Currants, Egges, white grated bread and season it with suger, synamon and ginger, cloues, mace and saffron, and stirre it well together, then driue a thicke cake of paste, and lay in the mould, and fill it with the stuffe, and lay an other cake of past vpon it, then iogge it about and so frie it.

To boyle Pigeons in blacke broath.

FIrst roste them a litle, then put them into an earthen pot, with a litle quantitie of sweete Broth, then take Onions, and slyce them, and set them on the Coles with some butter to take away the sent of them, put them into the Pigions, and leyde it with a tosse of bread, drawne with Vineger, then put some sweete hearbes halfe cut, and synamom and ginger, and grosse Pepper, and let them boyle, and season them with salt, serue them vppon soppes, and garnish them with fruite.

To smere a Conie.

TAke the Liuers and boyle them, and chop it, and sweete hearbes, apples, and the yolkes of hard egges, and choppe them altogether, and currants, suger, synamom,

ginger and persely, and fill the Conny full hereof, then put her into the sweete broth, and put in sweete butter, then choppe the yolks of hard egges, synamom, ginger, singer, and cast it on the Cony when you serue it vp, season it with salt, serue it on soppes, and garnish it with fruite.

To boyle a Mallard with Cabbedge.

TAke some Cabbedge, and picke & wash them cleane, and perboyle them in faire water, then put them into a Collender, and let the water run from them cleane, then put them into a faire earthen pot, and as much sweete broth as will couer the Cabbadge, and sweete butter, then take your Mallard and roste it halfe enough, and saue the dripping of him, then cut him in the side, and put the mallard into the cabbedge, and put into it all your dripping, then let it stew an houre, and season it with salt, and serue it vpon soppes.

To boyle a Ducke with Turneps.

TAke her first, and put her into a potte with stewed broth, then take persely and sweete hearbs, and chop them, and perboyle the rootes very well in an other pot, then

then put vnto them ſweete butter, Synamome, Ginger, groſſe Pepper and whole Mace, and ſo ſeaſon it with ſalt, and ſerue it vpon ſoppes.

To make white Eſtings.

TAke great Otemeale, and lay in milke to ſteepe, then put in the yolkes of ſome Egges, and take Ore white and mince it ſmal, then ſeaſon it with ſuger, ſynamom, ginger, cloues, mace, and ſaffron, and ſalt, and ſo fill them.

To make blacke Puddings.

TAke great otmeale and lay it in milke to ſteepe, then take ſhæpes bloud and put to it, and take Ore white and mince into it, then take a fewe ſweete hearbs and two or thrée leeke blades, and choppe them verie ſmall, and put into it then the yolkes of ſome Egges, and ſeaſon it with Synamom, ginger, cloues, Mace, pepper and ſalt, and ſo fill them.

To make ſtrong broth for ſicke men.

TAke a pound of Almonds and blanche them, and beate them in a morter very fine, then take the braines of a capon and beate with it, then put into it a litle creame, and make it to drawe through a ſtrayner,

then set it on the fire in a dish, and season it with rose water and suger, and stirre it.

To boyle a Breame.

TAke white wine, and put it into a pot, and let it seeth, then take your breame, and cut him in the midst, and put him in, then take an Onion and chop it small, then take nutmegs beaten, synamome and ginger, whole mace, and a pound of butter, and let it boyle al together, and so season it with salt, serue it vpon soppes, and garnish it with fruite.

To boyle Muskles.

TAke water and yeste, and a good dish of butter, and Onions chopt, and a litle pepper, & when it hath boyled a litle while, then see that your Muskels be cleane washed, then put them into the broth shels and all, and when they be boiled wel, then serue them broth and all.

To boyle Stocke fish.

TAke Stockfish when it is well watered, and picke out all the bone cleane from the fish, then put it into a pipkin, and put in no more water then shall couer it, then set it on the fire, and assone as it beginneth to boyle on the one side, then turne the other side to the fire, and assoone as it beginneth

to

to boile on the other ſide, take it off, and put it into a Colender, and let the water runne out from it, but put in ſalt in the boyling of it, then take a litle faire water and ſweete butter, and let it boyle in a diſh vntill it bee ſomething thick, then powre it on the ſtock-fiſh and ſerue it.

To make bake meates.

TAke a legge of Lambe, and cut out all the fleſh, and ſaue the ſkinne whole, then mince it fine and white with it, then put in grated bread, and ſome egges white and all, and ſome Dates and Currantes, then ſeaſon it with ſome Pepper, Synamome, Ginger, and ſome Nutmegges and Carrawaies, and a litle creame, and temper it all together, then put it into the leg of the Lambe againe, and let it bake a little before you put it into your Pye, and when you haue put it into your pie, then put in a little of the Pudding about it, and when it is almoſt baked, then put in vergice, ſuger and ſweete butter, and ſo ſerue it.

An other bake meate.

TAke a leg of Veale, and cut it in ſlices, and beate it with the backe of a knife, then take time, margerum and pennirial, ſauerie, and perſely, and one Oni-

on, and chop them altogether verie small, then breake in some egges whites and all, and put in your hearbes and season it with pepper, nutmegs and salt, and a litle suger, then stirre them altogether, and then lap them vp like allowes, and cast a fewe currants and dates, and butter amongst them.

An other bake meate.

TAke two pound of White and a little veale, and mince it together, then take a litle peniriall, sauerie and margerum and vnset Leekes, and chop them fine, and put in some egges and some creame, then stirre it all well together, and season it with pepper, nutmegs and salt, then put it into the pye, and cut the lid, and let it bake till it be drie, then serue it.

To make Marie pies.

MAke fine past, and put in the white of one egge and suger, and when they are made in litle coffins set them into the Duen vpon a paper a litle while then take them out and put in marie, and then close them vp and pricke them, and set them in again, and when they are broken serue them with blanche pouder strowed vpon them.

To

To boyle pie meate.

TAke a legge of mutton & mince it very fine with ſuet and ſeeth it in a litle panne or an earthen pot with butter and ſeaſon it with cloues, mace, great rayſons and prunes, and ſalt, and ſerue it in a diſh, and if you will put in ſome iuyce of Orenges and lay halfe an orenge vpon it.

To make fine Cakes.

TAke fine flowre and good damaſke water you muſt haue no other liquor but that, then take ſweete butter, two or three yolkes of egges, and a good quantitie of ſuger, and a few cloues, and mace, as your Cookes mouth ſhall ſerue him, and a litle ſaffron, and a litle Gods good about a ſponful if you put in to much they ſhall ariſe, cut them in ſquares like vnto trenchers, and pricke them well, and let your ouen be well ſwept and lay them vpon papers and ſo ſet them into the ouen, do not burn them if they be three or foure dayes olde they be the better.

To make fine cracknels.

TAke fine flower and a good quantitie of egges as many as will ſupply the flowre. then take as much ſuger as will ſweeten the paſt, and if you will not be at the coſt to

rayse it with egges, then put thereto sweet water Synamome and a good quantitie of nutmegges and mace, according to your bread, take a good quantitie of Annis seede, and let all this be blended with your flower, and the putting in of your egges or other moysture, then set on your water and let it be at seething, before you put your Crackenelles in it they will goe to the bottome and at their rising take them out and drie them with a cloth then bake them.

To bake Connies.

HAue fine past readie, wash your Connies, and perboyle them then cast, them into the cold water, then season them, with salt and ginger, laye them into the past and vpon them lay leached, larde close them and bake them.

To bake a brest of Veale.

TAke and breake the bones thereof in the middest and perboyle him and take out the bones, and season him with pepper and salt, and laye him in the coffin with a little sweete butter, and close him vp then make a caudell of the yolkes of an egge and straine it, and boyle it in a chasing dish of coles and season it with suger,

ger, and put it in the pie and set it into the Ouen againe.

To make a pudding in a breast of Veale.

TAke Perelely, Time, washe them, prycke them, and choppe them small, then take viii. yolkes of egges grated bread and halfe a pint of creame beeing verie swéete, then season it with Pepper, Cloues, and Mace, Saffron, and Sugar smal Raisons and Salt, put it in and Rolle it and serue it.

To bake a Gammon of Baken.

TAke a gammon of Baken, water it fyre dayes and perboyle him halfe enough and laye him in prelle then take the swoord of him and stuffe him with cloues, and season him with Pepper, and saffron. And close him vp in a standing pie, bake him and so serue him.

To make fine Bysket Bread.

TAke a pound of fine flower, and a pound of suger, and mingle it together, a quarter of a pound of Annis séedes, foure egges, two or thrée sponfuls of rosewater put all these into an earthen Panne. And with a slyce of Woode beate it the space of two houres.

houres, then fill your moulds halfe ful your mouldes must be of Tinne, and then set it into the ouen, your ouen beeing so whot as it were for cheat bread, and let it stand one houre and a halfe, you must annoint your moulds with butter before you put in your stuffe. and when you will occupie of it slice it thinne and bake it in the ouen your ouen beeing no whotter then you may abide your hand in the bottome.

To bake a Turkie and take out his bones.

TAke a fat Turkie, and after you haue scalded him and washed him cleane, lay him vpon a faire cloth and slit him through out the backe and when you haue taken out his garbage, then you must take out his bones so bare as you can, when you haue so done wash him cleane, then truss him and pricke his backe together, and so haue a faire kettle of seething water and perboyle him a little, then take him vp that the water may runne cleane out from him, and when he is colde, season him with pepper and salt, and then pricke him with a fewe cloues in the brest, and also drawe him with larde if you like of it and when you haue made your coffin and laide your

Turkie

Turkie in it then you muſt put ſome butter in it and ſo cloſe him vp in this ſort you may bake a Goose, a Pheaſant, or Capon.

To bake a Kidde.

TAke your Kidde and perboyle him and waſh it in vergice and ſaffron and ſeaſon it with pepper, ſalt, & a litle mace, then lay it in your coffin with ſweete butter and the liquor it was ſeaſoned in, and ſo bake it.

To bake a Mallard.

TAke three or foure Onions and ſtampe them in a morter then ſtrain them with a ſaucer ful of vergice, then take your mallard and put him into the iuyce of the ſaide Onions and ſeaſon him with pepper and ſalt, cloues and mace then put your mallard into the coffin with the ſaide iuyce of the onions and a good quantitie of Winter ſauorie, a litle time, and perſely chopped ſmall and ſweete Butter, ſo cloſe it vp and bake it.

To make a pie of Humbles.

TAke your humbles being perboyled and choppe them verie ſmall with a good quantitie of mutton ſweete, and halfe a handfull of hearbes, folowing time, margerum, borage, perſely, and a litle roſemarie,

and

and season the same beeing chopped with pepper, cloues and mace, and so close your pie and bake him.

To bake Red deare.

TAke a hand full of time, and a hand full of rosemarie, a hand full of winter sauorie, a hand full of bay leaues and a hand ful of fennel, and when your liquor seeths that you perboyle your Venison in, put in your hearbes also and perboyle your venison vntill it be halfe enough, then take it out and lay it vpon a faire boorde that the water may runne out from it, then take a knife and pricke it full of holes, and while it is warme haue a faire traye with vineger therein, and so put your venison therein from morning vntill night, and euer nowe and then turne it vp side downe, and then at night haue your coffin ready, and this done season it with synamome, ginger, and nutmegges, pepper and salte, and when you haue seasoned it, put it into your coffin, and put a good quantitie of sweete butter into it, and then put it into the Ouen at night, when you goe to bedde, and in the morning drawe it forth, and put in a saucer full of vineger into your pye at a hole aboue in the toppe of it, so that the vineger may

runne

runne into euerie place of it, and then stop the whole againe and turne the bottome vpward and so serue it in.

An other bakemeate for Chickins.

FIrst season your Chickins with suger, sinamom and ginger, and so lay them in your pye, then put in vpon them Gooseberries, or grapes, or Barberies, then put in some sweete butter, and close them vp, and when they be almost baked, then put in a Cawdle made with harde egges and white wine, and serue it.

To bake Calues feete.

TAke Calues feete and boyle them and chop them fine, and a pound of white, and chop it with them, then chop an onion smal, and put it in them, then take prunes, dates and currants, and put to them, season them with Pepper, Nutmegs, and a litle large Mace, then put in some Egges, and stirre it altogether, & put it into a Pye, and let it bake two houres, then put in a litle vergice and suger, and so serue it.

To sowce a Pigge.

TAke white Wine and a litle sweete broth, and halfe a score Nutmegs cut in quarters, then take Rosemarie, Baies, Time,

Time, and sweete margerum, and let them boyle altogether, skum them verie cleane, and when they be boyled, put them into an earthen pan, and the syrrop also, and when yee serue them, a quarter in a dish, and the Bayes, and nutmegs on the top.

The order to boyle a Brawne.

TAke your Brawne, and when ye haue cut him out, lay him in faire water foure and twentie houres, and shift it foure or fiue times, , and scrape and binde vp those that you shall thinke good, with Pempe, and bind one handfull of greene Willowes together, and lay them in the bottome of the Panne, and then put in your Brawne, and skumme it verie cleane, and let it boyle but softely, and it must be so tender, that you may put a straw through it, and when it is boyled enough, let it stand and rowle in the panne, and when you take it vp, let it lye in Trayes one howre or two, and then make sowsing drinke with Ale and water, and salt, and you must make it very strong, and so let it lie a weeke before you spende it.

To make Almond Butter.

TAke Almondes and blanch them, and beate them in a morter verie small, and

and in the beating put in a litle water, and when they bee beaten powre in water into two pots, and put in halfe into one & halfe into an other, and put in Suger, and stirre them still, and let them boyle a good while, then straine it through a strainer with rose water, and so dish it vp.

To rost an Hare.

YOu must not cut off her head, feete nor eares, but make a pudding in her bellie, and put paper about her eares that they burne not, and when the Hare is rosted, you must take synamom and Ginger, and grated bread, & you must make verie sweet sauce, and you must put in Barberies and let them boyle together.

To make Fritter stuffe.

TAke fine flowre, and three or foure egs, and put into the flower, and a peece of butter, and let them boyle all together in a dish or chafer, and put in Suger, synamom and ginger, and rose water, and in the boyling, put in a litle grated bread to make it big, and then put it into a dish, and beate it well together, & so put it into your moulde, and frie it with clarified butter, but your butter may not be to whot nor to colde.

For to bake a Hare.

TAke your Hare and perboile him, and mince him, and then beat him in a morter verie fine, liuer and all if you will, and season it with all kinde of spices and salt, and doe him together with the yolkes of seuen or eight egges, and when you haue made him vp together, draw larde verie thicke through him, and mingle them altogether, and put him in a Pye, and put in butter before you close him vp.

To preserue Orenges.

YOu must cut your Orenges in halfe, and pare them a litle round about, and let them lye in water foure or fiue dayes, and you must chaunge the water once or twice a day, and when you preserue them, you must haue a quarte of faire water to put in your suger, and a litle rose water, and set it on the fire, and scum it verie cleane, and put in a litle Sinamome, and put in your Orenges, and let them boile a litle while, and then take them out again, and doe soe fiue or sixe times, and when they be inough, put in your Orenges and let your sirroppe stand till it bee cold, and then put your sirrop into your Orenges.

To

To make all maner of fruit Tartes.

YOu must boile your fruite, whether it be apple, cherie, peach, damson, peare, Mulberie, or codling, in faire water, and when they be boyled inough, put them into a bowle, and bruse them with a ladle, and when they be cold, straine them, and put in red wine or claret wine, and so season it with suger, sinamom and ginger.

To make a Tarte of preserued stuffe.

YOu must take halfe a hundreth of Costerds, and pare them, and cut them, and as sone as you haue cut them, put them into a pot, and put in two or three pound of suger, and a pint of water, and a litle rose water, and stirre them from the time you put them in, vntill the time you take them out againe, or els you mar all, & put it into a dish, and when your Tart is made, put it into the Ouen, and when it is caked, endore it with butter, and throw suger on the top, & then do on your sauce, & set comfets on the top, and so serue it vp.

To make Tartes of Proines.

PVt your proines into a pot, and put in red wine or claret wine, & a litle faire

water, and stirre them nowe and then, and when they be boyled enough, put them into a bowle, and streine them with suger, synamom and ginger.

To make a Tart of Ryse.

BOyle your rice, and put in the yolkes of two or three Egges into the Rice, and when it is boyled put it into a dish, and season it with suger, synamom and ginger, and butter, and the iuice of two or three Orenges, and set it on the fire againe.

To make a Custard.

BReake your egges into a bowle, and put your Creame into an other bowle, and streine your egges into the creame, and put in saffron, cloues and mace, and a litle synamom and ginger, and if you will, some suger and butter, and season it with salt, and melt your butter, and stirre it with the ladle a good while, and dubbe your Custard with dates or currants.

To make a tart of Wardens.

YOu must bake your Wardens first in a Pie, and then take all the wardens and cut them in foure quarters, and coare them, and put them into a Tarte pinched, with your suger, and season them with suger, synamome and ginger, and set them in the

the Ouen, and put no couer on them, but you must cut a couer and lay on the Tarte when it is baked, and butter the Tart and the couer to, and endoze it with suger.

To make a tarte with Butter and Egges.

BReake your egges, and take the yolks of them, and take butter and melt it, let it be verie hote ready to boyle, and put your butter into your egs, and so streine them into a bowle and season them with suger.

To make a Tarte of Spinnedge.

BOyle your Egges and your Creame together, & then put them into a bowle. and then boyle your Spinnedges, and whē they are boyled, take them out of the water and streine then into your stuffe before you streine your Creame, boyle your stuffe and then streine them all againe, and season them with suger and salt.

To make a Tarte of Strawberries.

WAsh your strawberies, and put them into your Tarte, and season them with suger, synamom and ginger, and put in a litle red wine into them.

To make a Tart of Hippes.

TAke hippes and cut them, and take the ſeedes out, and waſh them verie cleane, and put them into your Tarte, and ſeaſon them with ſuger, ſinamon and ginger.

So you muſt preſerue them with ſuger, ſinamom and ginger, and put them into a gellipot cloſe.

To bake the humbles of a Deere.

MInce them verie ſmall, and ſeaſon them with pepper, ſinamom and ginger, and ſuger if you will, and cloues & mace, and dates, and currants, and if you will, mince Almonds, and put vnto them, and when it is baked, you may put in fine fat, and put in ſuger, ſinamom and ginger, and let it boile, and when it is minced, put them together.

To make a Veale Pye.

LEt your Veale boile a good while, and when it is boiled, mince it by it ſelfe, and the white by it ſelfe, and ſeaſon it with ſalt and peper, ſinamom and ginger, and ſuger, and cloues and mace, and you muſt haue proines and raiſons, dates and currants on the top.

For

For to make Mutton Pyes.

MInce your mutton and your white together, and when it is minced, season it with pepper, sinamon & ginger, and cloues, and mace, and proines, currants and dates, and reasins and hard egges boyled & chopped verie small, and throw them on the toppe.

To bake calues feet.

SEason them with salt and pepper, and butter, and currants if you wil, and when they be baked, put in a litle white wine and suger, or vineger and suger, or bergious and suger.

To bake Chickins in a Cawdle.

SEason them with salt and pepper, and put in butter, and so let them bake, and when they be baked, boile a few barberies and proines, and currants, and take a litle white wine or bergious, and let it boile and put in a litle suger, and set it on the fire a litle, and streine in two or three yolkes of egges into the wine, and when you take the dish of the fire, put the proines and currants, and barberies into the dish, and then put them in altogether into the pye of Chickins.

To bake Pigeons.

SEason them with Pepper and Salt and Butter.

To bake a Conie.

SEason him with Pepper and Salt, and put in butter and Currants, and when it is baked, put in a litle vergice and suger into the Pie, and serue it vp.

To bake a Gammon of Bacon to kepe cold.

YOu must first boyle him a quarter of an houre before you stuffe him, and stuffe him with swéete hearbes and harde Egges chopped together, or Parsely.

To bake a Fillet of Beefe to keepe colde.

MInce him verie small, and seeth him with Pepper and salt, and make him vp together accordingly, and put him in your pie, and Larde him verie thicke.

To make fine bread.

TAke halfe a pound of fine suger well beaten, and as much Flower, and put thereto foure Egges whites, and being very wel beaten, you must mingle them with Anniseedes bruised, and being all beaten together, put into your mould melting the sawce ouer first with a litle butter, and set it

it in the Ouen, & turne it twice or thrice in the baking.

To bake a Neats tongue.

FIrst pouder the tongue three or foure dayes, and then seeth it in faire water, then blanch it and larde it, and season it with a litle Pepper and Salt, then bake it on Rie paste, and before you cloase vp your pie, strolve vpon the tongue a good quantitie of Cloues and mace beaten in pouder, and vpon that halfe a pounde of butter, then close vp your Pie verie close, but make a round hole in the toppe of the pie. Then, when it hath stoode more then foure houres in the Ouen, you must put in halfe a pint of Vineger or more, as the Vineger is sharpe, then close vp the hole very close with a peece of past and set it in the Ouen againe.

To make Muggets.

FIrst perboyle them, and take white and chop them both together, and put Currants, Dates, Sinamome and Ginger, Cloues and Mace, and grosse Pepper and Suger if you will, two or three yolkes of Egges, and seeth them all together with Salt, and put in the stuffe into the caules of Mutton, and so put them in dishes, and

take two or three egges white and all, and put them on the cawles, and make some prety sauce for them.

To make Fillets of beef or clods, in stead of red Deare.

FIrst take your Beefe, and Lard it veris thicke, and then season it with Pepper and Salt, Sinamome and ginger, Cloues and Mace good store, with a great deale more quantitie of Pepper and Salt, then you would a peece of Venison, and put it in couered Paste, and when it is baked, take vineger and suger, Sinamom and Ginger, and put in, and shake the Pastie, and stop it close, and let it stand almost a fortnight before you cut it vp.

To make a tart that is a courage to man or woman.

TAke two Quinces, and two or three Burre rootes, and a Potaton, and pare your Potaton, and scrape your rootes and put them into a quart of wine, and let them boyle till they be tender, & put in an ounce of Dates, and when they be boyled tender, Drawe them through a strainer, wine and all, and then put in the yolkes of eight Egges, and the braines of three or foure rocke Sparrowes, and streine them into

the

the other, and a litle Rose water, and seeth them all with Sugar, Synamom and ginger, and Cloues and mace, and put in a litle sweete butter and set it vpon a chafingdish of Coles betweene two platters, and so let it boyle till it be something bigge.

To stew a Cocke.

YOu must cut him in fiue peeces, and washe him cleane, and take Prunes, Currantes and Dates cutte very small, and Reasons of the Sunne, and Suger beaten verie small, Synamome, Ginger and Nutmegs likewise beaten, and a litle maydens haire, cut verie small, and you must put him in a Pipkin, & put in almost a pint of Muskeden, and then your spice and Suger, vpon your Cocke and put in your fruite betweene euerie quarter, and a peece of Golde betweene euerie peece of your Cocke, then you must make a lidde of wood fit for your Pipkin, and close it as close as you can with paste, that no ayre come out, nor water can come in, and then you must fill two braste pots full of water, and set on the fire, and make fast the Pipkin in one of the Braste pottes, so that the Pipkins feete touch not the braste pot bottom, nor the pot sides, and so let them boyle

foure

foure and twentie houres, and fill vp the pot still as it boiles away, with the other pot that stands by, and when it is boyled take out your Gold, and let him drinke it fasting, and it shall help him, this is approued.

To preserue all kind of fruites, that they shall not breake in the preseruing of them.

TAke a platter that is plaine in the bottom, and lay suger in the bottom, then Cheries or any other fruite, and so betweene euerie row you lay, throw suger, and set it vpon a pots head, and couer it with a dish, and so let it boyle.

To make a sirroppe for bake-meates.

TAke Ginger, Cloues and Mace, Nutmegs, beat all these together very fine, and boile them in good red vineger vntill it be somewhat thicke, this being done, drawe your pie when it is hard baked, and a small hole being made in the couer thereof at the first, with a Tunnell of Past, you must powre the sirroppe into the Pye, that done, couer the hole with paste, and shalb the Pye well, and set againe in the Ouen till it be throughly baked, and when you haue

haue drawne it, turne the bottom vpward vntill it be serued:

To roſt a Carpe or Tench with a pudding in his bellie.

TAke the Rones of a Pike and choppe them verie ſmáll, then put in grated bread, two or three Egs, Currants, Dates, Suger, Sinemome and Ginger, and Mace, Pepper and ſalt, and put it in his bellie, and put him on a Broche, and make ſwéete ſawce with Barberies or Lemmons minced, and put into the ſwéete ſawce, and then put it on the Carpe when you ſerue him vp.

To make a freſh Cheeſe and Creame.

TAke a gallon or two of milke from the Cowe and ſéeth it, and when it doth ſéeth, put thereunto a quart or two of morning milke in faire cleanſing pans, in ſuch place as no duſt may fall therein, and this is for your clowted Creame, the next morning take a quart of mornings milke and ſeeth it, and when it doth ſéeth, put in a quarte of Creame thereunto, and take it off the fire, and put it into a faire earthen pan, and let it ſtand vntill it be ſomewhat bloud warme, but firſt ouer night put a good quantitie

quantitie of Ginger, with Rose water, and stirre it together, and let it settle all night, and the next day, put it into your said bloud warme milke to make your cheese come, then put the Curdes in a faire cloth, with a litle good Rosewater, and fine powder of Ginger, and a litle Suger, so last, great soft rolles together with a threede, & crush out the Whey with your clouted Creame, and mixe it with fine pouder of ginger and Suger, and sprinkle it with Rose water, and put your Cheese in a faire dish, and put these cloutes round about it, then take a pint of rawe Milke or Creame, and put it in a pot, and all to shake it, vntill it be gathered into a frothe like snowe, and euer as it commeth, take it of with a spoone, and put it in a Collender, then put it vpon your fresh Cheese, and pricke it with Wafers, and so serue it.

THE NAMES OF ALL thinges necessarie for a banquet.

Suger.	Sinamome.	Licoras.
Pepper.	Nutmegs.	All kinde of
Safron.	Saunders.	Comfets.
Annisedes.	Coleander.	Orenges.

Pome-

Pomegranat. seedes. Damaske
Corneleli. Lemmans. water.
Prunes. Rosewater. Dates.
Currants. Reasons. Cheries con-
Barberies cō- Rie flower. serued.
serued. Ginger. Sweete Oren-
Paper White Cloues and ges.
and browne Mace. Wafers.
For your March-panes seasoned and vnseasoned, Spinnedges.

To make manus Christi.

TAke fiue spoonefull of Rosewater, one graine of Amber greece, and 4. graines of Pearle beaten verie fine, put these three together in a Saucer and couer it close, and let it stande couered one houre. then take foure ounces of verie fine Suger, and beate it small, and search it through a fine search, then take a litle earthen pot glased, and put into it a spoonefull of Suger, and a quarter of a spoonefull of Rosewater, and let the Suger and the Rose wa-'er boyle together softely, till it doe rise and fall againe three times. Then take fine Rie flower, and sift on a smoth boorde, and with a spoone take of the Suger, and the Rose water, and first make it all into a round Cake,

and

and then after into litle cakes, and when they be halfe colde, wet them ouer with the same rose water, and then laye on your golde, and so shal you make very good Manus Christi.

To make a Caudle to comfort the stomacke, good for an old man.

TAke a pint of good Muskadell, and as much of good stale Ale, mingle them together, then take the yolkes of twelue or thirteene Egges newe laide, beate well the Egges first by themselues, then with the wine and ale, and so boyle it together, and put thereto a quarterne of Suger, and a selue whole Mace, and so stirre it well til it seeth a good while, and when it is well sod, put therein a few slices of bread if you wil, and so let it soke a while, and it wil be right good and wholesome.

To make a Trifle.

TAke a pint of thicke creame, and season it with Suger, and Ginger, and Rosewater: so stirre it as you would then haue it, and make it luke warme in a dish on a Chaffingdish and coales: and after put it into a siluer peece or a bowle, and so serue it to the boorde.

To

To make Marmelat of Quinces.

YOu must take a pottle of water, and foure pound of Suger, and so let them boyle together: and when they boyle, you must skumme them as cleane as you can: and you must take ỳ whites of two or three Egges, and beate them to froth, and put the froth into the pan for to make the skum to rise, then skumme it as cleane as you can, and then take off the kettle and put in the Quinces, and let them boyle a good while, and when they boyle you must sturre them still, & when they be boyled you must bore them vp.

To make butter paste.

TAke floure, and seuen or eight Egges, and colde butter & faire water, or Rose-water, and Spices (if you will) and make your paste and beate it on a boord: & when you haue so done, deuide it in two or three peeces, and driue out the peece with a rowling pinne, and doe with butter one p[eece] by an other, and then folde vp your past[e] pon the butter and driue it out againe, so doe fiue or sixe times together, and nat cut for bearings, and put them int[o] Ouen, and when they be baked scrape ger on them and serue them.

To make Fritter stuffe.

TAke fine flower, and three or foure egges and put into the flower, and a peece of Butter, and let them boyle altogether in a dish or a Chafer, and put in Suger, Synamom, and Ginger, and Rosewater, and in the boyling put in a little grated bread to make it bigge, and then put it into a dish and beate it wel together, and so put it into your mould, and frie it with clarified butter, but your butter may not be to whotte nor too colde.

To make a made dish of Artechokes.

TAke your Artechokes and pare away all the top euen to the meate and boyle them in sweet broth till they be somewhat tender, and thē take them out, and put them into a dish, and seeth them with Pepper, Synamom and Ginger, and then put in ... dish that you meane to bake them in, ...ut in Marrowe to them good store, ... let them bake, and when they be ba... ...t in a little vineger and Butter, and three or foure leaues of the Artechoks ...dish when you serue them vp, and ...Suger on the dish.

To

To frie Bakon.

TAke Bakon and slice it verie thinne, & cut away the leane, and bruse it with the backe of your knife, and frie it in sweete Butter, and serue it.

To frie Chickins.

TAke your Chickins and let them boyle in verie good sweete broath a prettie while, and take the Chickens out, & quarter them out in peeces, and then put them into a Frying pan with sweete Butter, and let them stewe in the pan, but you must not let them be browne with frying, and then put out the butter out of the pan, and then take a little sweete broath and as much Vergice, and the yolkes of two Egges, and beate them together, and put in a litle Nutmegges, Synamom and Ginger, and Pepper into the sauce, and then put them all into the pan to the Chickens, and stirre them together in the pan, and put them into a dish and serue them vp.

To make a boyled meate after the French waies.

TAke Pigions and larde them, and then put them on a Broach, and let them bee halfe rosted, then take them off the Broach, and make a pudding of sweete hearbes of

euerie sorte a good handfull, and chop Dre white amongst the hearbes verie smal, and take the yolkes of fiue or sixe Egges and grated bread, and season it with Pepper, synamom and ginger, cloues and Mace, suger, and currants, and mingle all together, and then put the stuffe on the pigeons round about, and then put the pigeons into the cabbeges that be perboyled, and binde the cabbege fast to the Pigeons, and then put them into the pot where you meane to boyle them, and put in Beefe broth into them, and cabbeges chopped small, and so let them boyle, and put in Pepper, Cloues, and Mace, and pricke the Pigions full of Cloues before you put the pudding on the, and put a peece of Butter, Sinamom, and Ginger, and put a litle Wineger and white wine, & so serue them vp, and garnish them with fruite, and serue one in a dish, and but a litle of the broth you must put into the dish when you serue them vp.

To make a Sallet of all kinde of hearbes.

TAke your hearbes and picke them very fine into faire water, and picke your flowers by them selues, and wash them all cleane, and swing them in a strainer, and when

whē you put them into a dish, mingle them with Cowcumbers or Lemmons payed and sliced, and scrape Suger, and put in vineger and Oyle, and throw the flowers on the top of the Sallet, and of euery sorte of the aforesaid things, and garnish the dish about with the foresaide thinges, and hard Egges boyled and laide about the dish and vpon the Sallet.

A sauce for a Conie.

CAst Onions in rundels and frie them in butter, then put to them wine vineger, salt, ginger, cammel and pepper, and a litle suger, and let it boyle til it be good and fast, then serue it vpon the Conie.

To make a Sallet of Lemmons.

CAst out slices of the pæle of the Lemmons long waies, a quarter of an inch one peece from an other, and then slice the Lemmon very thinne, and lay him in a dish crosse, and the peeles about the Lemmons, and scrape a good deale of suger vpon them, and so serue them.

To make a Sausedge.

TAke Martinmasse Bæfe, or if you can not get it, take fresh Bæfe, or the leane of Bacon if you will, and you must mince

very smal that kinde of flesh that you take, and cut Lard & put into the minced meate, and whole Pepper, and the yolkes of fenen Egges, and mingle them altogether, and put the meate into a gut very salt, and hang him in the Chimney where he may drie, and there let him hang a moneth or two before you take him downe.

To make a Pie.

FIrst perboile your flesh and presse it, and when it is pressed, season it with pepper & salt whilest it is whot, then larde it, make your Paste of Rye flower: it must be verie thick, or else it will not hold, when it is seasoned and larded lay it in your Pye, then cast on it before you close it a good deale of Cloues and Mace beaten small, and throw vpon that a good deale of Butter, and so close it vp: you must leaue a hole in the top of the lid, & when it hath stand two houres in the Ouen, you must fill it as full of vineger as you can, and then stoppe the hole as close as you can with paste, and then set it into the Ouen againe: your Ouen must be very whot at the first, & that your Pies will keepe a great while, the longer you keepe them, the better they will be: when they be taken out of the Ouen and almost

colde

colde, you must shake them betweene your handes, and set them with the bottome vpward, and when you set them into the Ouen, be well ware that one Pye toucheth not an other by more thē ones hand breath: Remember also to let them stand in the Ouen after the vineger be in two houres and more.

To make white broth with Almondes.

FIrst loke that your meate be clean washed, and then set it on the fire, & when it boyleth scumme it cleane, and put some salt into the pot, then take rosemarie, time, Isope and margerum, and bind them together, and put them into the pot, and take a dish of sweete butter, and put it into the pot amongest your meate, and take some whole mace, and binde them in a clout, and put them into the pot with a quantitie of pergice, and after that take a quantitie of Almondes as shall serue the turne, blanche them, and beate them in a morter, and then straine them with the broth your meate is in, And when these Almondes are strained put them in a pot by them selues with some Suger, and a little Ginger, and also a little Rose water, and then stirre it while

boyle, and after that take some slyced ozenger, without the kernelles, and boyle them with the broth of the pot upon a chasing dish of Coles, with a litle suger, and then haue some sippets ready in a platter, & serue the meate upon them, & put not your Almondes in till it be readie to be serued.

To make pottage to loose the body.

TAke a chicken and seeth it in running water, then take two handfuls of violet leaues, and a good pzety sozt of reasons of the Sunne, picke out the stones, and seeth them with the chickins, and when it is wel sodden, season it with a litle salt and straine it and so serue it.

To make another very good pottage to be vsed in the Morning.

TAke a chickin and seeth it in faire water and put to it violet leaues a handfull or two, or else some other good hearbes, that you like in the stead of them, and so let them seeth together till the chicken be ready to fall a peeces then straine it, and cut thinne peeces of bread, and seeth in it till the bread be verie tender, and then season it with salt. And on the fish day seeth the hearbes as

before

before in faire running water & straine it & seeth bread as before in it, & season it with salt and put in a peece of butter.

To boile diuerse kindes of Fishes.

BRet, Conger, Thornebacke, plaice, fresh Samon all these you must boyle with a litle faire water and vineger, a litle salt, & bayleaues, and sauce them in vineger, and a litle of the broth that they are sodden in with a litle salt, and as you see cause shift your sauce, as you do beefe in byne, and also fresh Sturgion, seeth it as is afore saide, and sauce it as ye did the other, and so ye may keepe it halfe a yeare with chaunging of the sauce, and salt Sturgion seeth it in water & salt, and a litle vineger, and let it be cold, and serue it forth with vineger, and a litle Fenell vpon it but first or ye seeth it, it must be watered.

To make broth for one that is weake.

TAke a legge of beale and set it ouer the fire in a gallon of water skimming it cleane, when you haue so done put in three quarters of a pound of small reasons, halfe a pound of prunes, a good handfull of burrage, as much langdebeefe, as much mintes

and the like quantitie of harts-tongue, let all these seeth together till all the strength of the flesh be sodden out. then straine it so cleane as you can, and if you thinke the patient be in anie heats, put in violet leaues and sauorie as you do with the other herbs.

To boile a Capon with a Syrrope.

BOile your Capon in sweete broath, and put in grosse Pepper and whole Mace into the Capons bellie, and make your Syrrope with Spinnage, White Wine, and Currants, Sugar, Sinamome and Ginger, and sweete Butter, and so let them boyle, and when your Capon is readie to serue put the Sirrope on the Capon, and boyle your spinnage before you make your Sirrope.

To dresse a hare.

WAsh her in faire water, perboile her, then lay her in cold water, then lard her and rost her, and for sauce take red wine, salt, vineger, ginger, pepper, cloues and mace, put these together, then mince onions and apples and frye them in a panne, then put your sauce to them with a litle suger, and so let them boile together, and then serue it.

To

To bake a Hare.

TAke your Hare and perboile him, and mince him, & then beat him in a morter verie fine, liuer and all if you will, and season him with all kinde of spice and salt, and doe him together with the yolks of seuen or eight egges, when you haue made him vp together, draw Lard verie thicke through him, or cut the Lard and mingle them altogether and put him in a Pye, and put in butter before you close him vp.

To roste Deares tongues.

TAke Deares tongues and lard them, and serue them with sweete sauce.

To make Blewmanger.

TAke to a pint of creame twelue or sixteene yolks of egges, and straine them into it, and seeth them well, euer stirring it with a sticke that is broad at the end but before you seeth it put in suger, and in the seething tast of it that you may if need be put in more suger, and when it is almost sodden put in a litle rose water that it may taste therof, and seeth it well till it be thicke, and then straine it againe if it hath neede, or els put it in a faire dish and stirre it till it bee almost cold, and take the white of all the egges and straine them with a pint of creame

Creame and seeth that with suger, and in the end put in rose water as into the other, and seeth it till it be thicke inough, and then vse it as the other, and when ye serue it ye may serue one dish and another of the other in rolles, and cast on Biskets.

To make peascods in Lent.

TAke Figs, Raisons, and a few Dates and beate them verie fine, and season it with Cloues, Mace, Sinamom and Ginger, and for your paste seeth faire water and Oyle in a dish vpon coales, put therein saffron and salt and a little flowre, fashion them then like peascods, and when ye will serue them, frye them in Oyle in a frying panne, but let the Oyle be verie hote, and the fire soft for burning of them, and when yee make them for flesh dayes, take a fillet of veale and mince it fine, and put the yolkes of two or three raw egges to it, and season it with pepper, salt, cloues, mace, honie, suger, sinamom, ginger small raisons, or great minced, and for your paste, butter, the yolke of an egge, and season them, and frye them in butter as ye did the other in Oyle.

To

To bake Quinces, Peares and Wardons.

TAke and pare and coare them, then make your paste with faire water and butter, and the yolke of an egge, then set your Orainges into the paste and then bake it well, fill your paste almost full with Sinamom, ginger and suger. Also Apples must be taken after the same sort, saving that whereas the core should be cut out they must be filled with butter euerie one: the hardest Apples are best, and likewise are Peares and Wardons, and none of them all but the wardons may be parboiled, and the Ouen must be of a temperate heate, two houres to stand is inough.

To make a Tarte of Spinadge.

TAke Spinadge and seeth it stalke and all, and when it is tenderly sodden, take it off, and let it drayne in a Colliander, and then swing it in a cloute and stamp it and straine it with two or three yolks of egges, and then set it on a chasingdish of coales and season it with butter and suger, and when the paste is hardened in the Ouen put in this Comode strake it euen.

To

To make blame mangie.

TAke all the braine of a Capon & stampe it in a morter fine, and blanched Almonds, and sometimes put to them rose water, and season it with pouder of sinamom, ginger, and suger, and so serue it.

To make a Tarte of a neare of Veale.

TAke two pound of great raisons, and wash them cleane, and picke them, and take out the stones of them, and take two kidneys of veale, and a piece of the legge which is leane, and boile them altogether in a pot with the straint of the broth of mutton, and boile it, and let it boyle the space of one howre, then take it vp and choppe it fine, and temper it with cromes of bread finely grated, and take nine yolkes of egs & temper them altogether & season them with sinamom, ginger, suger and small raisons, great raisons minced, dates and saffron. Then take fine flowre and water and thre yolkes of egges, butter and saffron, and make them like a round tarte close with a couer of the same paste, and set him in the Ouen, and let him stand one howre, then take him forth, and indore it with butter,

and

and caſt a pouder of ſinamom, ginger and ſuger and ſo ſerue it.

To make a Tarte of Strawberies.

TAke Strawberies and waſh them in claret wine, thicke and temper them with roſewater, and ſeaſon them with Sinamom, ſuger and ginger, and ſpread it on the Tart and endoze the ſides with butter, and caſt on ſuger and biſkets and ſerue them ſo.

To make a cloſe Tarte of Cheries.

TAke out the ſtones, and lay them as whole as you can in a chardger, and put muſtard in, ſinamom and ginger to them, and laie them in a Tarte whole, and cloſe them, & let them ſtand thꝛée quarters of an houre in the Ouen, then take a ſirrop of Muſkadine and damaſke water and ſuger, and ſerue it.

To make a cloſe Tart of greene peaſe.

TAke halfe a pecke of græne peaſe, sheale them and ſeeth them and caſt them into a colliander, & let the water goe from them, then put them into the Tart whole & ſeaſon them with pepper, ſaffron and ſalt and a diſh of ſweet butter cloſe and bake him almoſt one houre, then dꝛaw him and put to him

him a litle vergice and shake them and set them into the Ouen againe and so serue it.

To make a Tarte of Damsons.

TAke Damsons and seeth them in wine, and straine them with a litle creame, then boile your stuffe ouer the fire till it be thicke, put thereto suger, sinamom and ginger, but set it not in the Ouen after but let your paste be baked before.

To make a florentine.

TAke the kidneies of a loine of veale that is rosted, and when it is cold shredde it fine and grate as it were halfe a manchéete verie fine, and take eight yolkes of egges, and a handfull of currants, and eight dates finely shred, a litle sinamom, a litle ginger, a litle suger & a litle salt, and mingle them with the kidneys, then take a handfull of fine flower and two yolkes of egges, and as much butter as two egges, and put into your flower, then take a litle seething liquor, and make your paste and driue it abroad verie thinne, then strake your dish with a litle butter, and lay your paste in the dish & fill it with your meat, then draw an other sheet of paste thinne and couer it withall, cut it handsomly vpon the top, and by the sides, and then put it into the Ouen,

and

and when it is halfe baked draw it out, and take two or three feathers, and a litle rose water, and wet all the couer with it, and haue a handfull of suger finely beaten, and straw vpon it, and see that the rose water wet in euerie place, and so set it in the ouen againe, and that will make a faire ise vpon it, if your Ouen be not hote inough to reare vp your ise, then put a litle fire in the Ouens mouth.

To make Almond butter after the best and newest fashion.

TAke a pound of Almonds or more, and blanch them in cold water or in warme as you may haue leasure, after the blanching let them lye one houre in cold water, then stamp them in faire cold water as fine as you can, then put your Almonds in a cloth, and gather your cloth round vp in your handes, and presse out the iuice as much as you can, if you thinke they be not small inough beat them againe and so get out milke so long as you can, then set it ouer the fire, & when it is readie to seeth put in a good quantitie of salt, and rosewater that will turne it, after that is in, let it haue one boyling, and then take it from the fire, and cast it abroad vpon a linnen cloth.

and vnderneath the cloth scrape of the whay so long as it will runne, then put the butter together into the middest of the cloth, binding the cloth together, and let it hang so long as it will drop, then take peeces of suger so much as you thinke will make it swéet, and put thereto a litle rose water so much as you will melt the suger, and so much fine pouder of saffron as you thinke will collour it, then let both your suger and saffron steepe together in the litle quantitie of rose water, and with that season vp your butter when you will make it.

To make Oister Chewets.

TAke a pecke of Oisters and wash them cleane, then sheal them & wash them faire in a Cullander, and when they be sodden straine the water from them, and chop them as small as pie meat, then season them with pepper, halfe a pennie worth of cloues and mace, halfe a peny worth of sinamom and ginger, and a penie worth of suger, a litle saffron & salt, then take a handfull of small raisons, fiue dates minced smal and mingle them altogether, then make your paste with one pennie worth of fine flower, tenne yolkes of egges, a halfe penni worth

wiworth of Butter with a little saffron and boyling water, then raise vp your chewets and put in the bottom of euerie one of them a litle butter, and so fill them with your stuffe, then cast prooines, dates, and small raisons vpon them, and being closed, bake them: let not your Ouen be two hote for they will haue but litle baking, then drawe them and put into euerie one of them two spoonefull of vergice and butter, and so serue them in.

To make a Tart of Medlers.

TAke medlers that be rotten, and stamp them, then set them on a chafing dish and coales, and beat in two yolkes of egges, boyling it till it be somewhat thicke, then season them with suger, sinamom and ginger, and lay it in past.

To make a Quinces moyse, or Wardens moyse.

YOu must rost your wardens or quinces, and when they be rosted pill them, and strain them together, and put in suger Sinamom and Ginger, and put it in a plate, and then smoth it with a knife, and scrape a litle suger on the top, and nicke a litle with a knife.

To make an other pretie dish, with dates, and the iuice of two or three Orenges.

STraine them into a dish, and so make Chambers of paste vpon a sticke, put the stickes vpon a loafe of bread, and so drie them in the Ouen, and then clarifie a litle butter and frie them in it, and laie them in a dish and scrape suger on them.

To make hypocrase.

TAke a gallon of white wine, suger, two pound of sinamom, ℔. ℥. ginger. ℔. ℥. long pepper. ℔. ℥. mace. ℔. ℥. not bruised graines, ℔. ℥. gallingall, i. ℥. ob. cloues not bruised, you must bruse euerie kind of spice a litle, & put them in an earthen pot all a day, & then cast them through your bags two times or more as you see cause, and so drinke it.

To make marmalet of Quinces.

TAke verie good Quinces and pare them and cut them in quarters, then core them cleane, and take heed it be not a stony Quince, and when you haue pared and cored them, then take two pintes of running water and put it into a brasse pan, casting away eight spoonfuls of one of the pintes, then waigh three pound of fine suger & beat it

it, and put it into the water, make your fire where you may haue a good light, not in a chimney, then set on your pan vpon a treuet, and when your suger and water beginneth to boile, you must skimme it cleane, then put in fiue spoonfuls of rose water, and if there rise anie more skumme, take it off and so put in your three pound of quinces, and let them boile but softly, and if you see the colour waxe somwhat deepe, now & then with a faire slice be breaking of them, and when your licor is well consumed away, and the colour of your quinces to growe fairer, then be still sturring of it, & when it is inough you shall see it rise from the bottom of your pan in stirring of it, and so bore it, & ye shall haue it to be good marmalet and a verie orient colour, if you will you may put some muske into it, some rose water, & rubbe your bore withall, it will giue it a pretie sent, and it is a verie good way.

To make a sirrop of Quinces to comfort the stomake.

TAke a great pint of the iuice of Quinces, a pound of suger, and a good halfe pint of vineger, of ginger, ½ waight of fine grotes, of sinamom, the waight of fiue grots, of pepper, the waight of three grotes, & two pence.

To make Marmalet of Quinces.

TAke verie good Quinces and paire them & cut them in quarters, then coze them cleane, & take heed it be not a stony quince, and when you haue pared and cozed them, then take two pints of running water, and put it into a braſſe, casting away eight ſpoonefulls of one of the pints, the waight of foure pound of fine ſuger, & beat it & put it into the water: make your fire where you may haue good light, & not in the chimney, then ſet ouer your pan vpon a Treuet, and when your ſuger and water beginneth to boile you muſt ſtraine it cleane, then put in fire ſpoonefull of roſe water, and if there riſe anie moze ſkimme, take it off and put it into boxes.

To make Codamacke of Quinces.

TAke fiue quartes of running water, & a quart of french wine, put them together, then take quinces and paire them and cut them till you come at ẏ coares, then waigh ten pound of the quinces, and put them into your pan of water and wine and boile them ouer a quicke fire till they be tender, keeping your panne verie cloſe couered, then take a peece of fine canuas & put your quinces and liquoz in it, and when your ſirroppe

is

is all runne through put in so much fine suger as will make it sweet, and set it ouer a quicke fire againe, stirring with a sticke till it be so thicke that a drop will stand vpon a dish, then take it from the fire, and put it in Boxes.

To make cast creame.

TAke milke as it commeth from the cow a quart or lesse, and put thereto raw yolkes of egges, temper the milke and the egges together, then set the same vpon a chafingdish and stirre it that it courd not, and so put suger in it, and it will be like creame of Almonds, when it is boyled thicke enough cast a litle suger on it, and sprinkle Rose water thereupon, and so serue it,

To make good Resbones.

TAke a quart of fine flower, lay it vpon a faire board and make a hoale in the middest of the flower with your hand, and put a spoonefull of Ale yeast thereon, and ten yolkes of egges, & two spoonefuls of sinamom & one of ginger, and one of cloues and mace, and a quartern of suger finely beaten, and a litle saffron, & halfe a spoonefull of salt, then take a dish full of butter, melt it and put it into your flower, and

therewithal make your paste as it were for mancheat, and mould it a good while, & cut it in peeces of the bignes of Ducks egges, and so mould euerie peece as a mancheat, & make them after the fashion of an inckhorn broad aboue and narrow beneath, then set them in the Duen, and let them bake three quarters of an houre, then take two dishes of butter and clarifie it vpon a soft fire, then draw it out of the Duen, and scrape the bottom of them faire and cleane, and cut them ouerthwart in foure peeces, and put them in a faire charger, and put your clarified butter vpon them, and haue sinamom and ginger readie by you, and suger beaten verie small, and mingle altogether, and euer as you set your peeces together, cast some of your suger, sinamom & ginger vpon them, when you haue set them all vp, lay them in a faire platter, & put a litle butter vpō them, & cast a litle suger on them, & so serue them.

To make a vaunt.

TAke marie of beefe as much as you can hold in both your hands, cut it as big as great dice, then take dates and cut them as bigge as small dice, then take fortie prunes and cut the fruites from the stones, then take halfe a handfull

of

of small raisons, wash them cleane and picke them, and put your marie in a faire platter, and your Dates, Prunes and smal raisons, then take twentie yolks of Egges, and put in your stuffe before rehearsed, then take a quarterne of Suger or more, and beat it small and put in your marrow, then take two spoonefulles of Sinamon and a spoonefull of Ginger, and put them to your stuffe & mingle them altogither, then take eight yolkes of egges, and foure spoonefuls of Rosewater, straine them and put a little suger in it, then take a faire frying panne and put in a litle peece of butter in it, as much as a walnut, & set it vpon a good fire, and when it loketh almost blacke, put it out of your panne, and as fast as you can put halfe of your egges in the middest of your panne, and frie it yellowe, and when it is fried, put it into a faire dish, and put your stuffe therein, and spred it all the bottome of your dish, and then make another vaunt euen as ye made the other, and set it vpon a faire boord, cut it in pretie peeces, of the length of your litle finger, as long as your vaunt is, and lay it vpon your stuffe after the fashion of a litle windowe, and then cutte off the endes of them as much

as liely without the inward compaſſe of the diſh, then ſet the diſh within the Ouen, or in a baking panne, and let it bake with leaſure, and when it is baked enough, the marrowe will come faire out of the vaunt to the brimme of the diſh, then drawe it out, and caſte a little Suger on it, and ſo ſerue it in.

To preſerue Quinces whole.

TAke a pottle of faire water, and put it into a cleane panne, and beate iij. pound of fine ſuger, and put into it, then ſet it on the fire, and when you haue ſkimmed it, put in twelue ſpooneſuls of roſewater, then take x. faire Quinces, and pare them, and coze them cleane, then put them into your ſyzrup, and ſo couer them verie cloſe for the ſpace of two houres with a faire platter, and let them boyle a good pace at the two houres, and vncouer them, and looke whether you finde them tender, and that they haue a faire crimſon colour, then take them vp and lay them vpon a faire platter, couering your ſyzruppe againe, And let it ſeeth while it be ſomewhat thicke, then put your Quinces into your ſyzrup againe, and ſo haue a faire gallie pot, and put in both your ſyzrup and quinces as faſt as you can, and

couer

couer your potte close that the heate goe not foorth, you must not put them in a glasse for it will breake.

To preserue Peare Plummes.

First take two pound and a halfe of fine Suger, and beate it small, and put it into a prety braſſe potte with 12. spoonefulles of rosewater, and when it boyleth skimme it cleane, then take it of the fire, and let it stand while it be almost colde then take two pound of peare plummes, and wipe them vpon a faire cloth, and put them into your syruppe when it is almost colde, and so set them vpon the fire againe, and let them boyle as softely as you can when they are boyled enough the kernelles wilbe yellow, then take them vp, but let your syrup boile till it be thicke, then put your plummes vppon the fire againe, and let them boyle a walme or two, so take them from the fire, and let them stande in the vessell all night, and in the morning put them into your pot or glasse and couer them close.

To preserue Orenges.

Chuse out the faireſt, and the heavieſt, that is ful of liquor, & cut them full of litle specks, then make a litle round hole in the stalke of the Orenge, and breake the

strings

stringes of the meate of the Orenges & close the meat to the sides of your Orenges with your finger, then will part of the iuice and kirnels come out, and laie them in water three daies and three nights, then take them out, and set a pan with water ouer the fire, and when it seeths, put in your Orenges, let them not seeth to fast, then you must haue another panne with water ready seething to shift your orenges out of the other water, whē they haue sodden a prety while and so haue one panne after another to shift them still vpon the fire x. or xij. times to take away the bitternesse of the Orenges, and you must keepe them as whole as you can in the boyling, and then take them vp one by one, & lay them vpō a platter the hole downeward, that the water may runne the clearer out of them, then let them stand so vntill you haue boyled your syrrup, ready for them. Nowe to make your syrrup take to euerie two Orenges, a pint of water, & a pound of suger, let your suger be finely beaten before you put it into your licor, & loke that the kettell you boyle them in, be sweet brasse, then take x. whites of egges, and put them into your kettle with your licor and suger, and beate your whites of egges, and

the

the liquor together a good quarter of an houre, then set your liquor vpon a soft fire of coales, and let it seeth so soone as you can, hauing a faire skymmer, and a Coliander ready, and set your Coliander in a faire bason, and as your whites of egges riseth in skumme take them vp with your skimmer and put them in your Colliander, and you shall haue a great quantitie of syrup come from your skumme through your Coliander into your Bason, & that you must saue and put it into your kettle again, and when your great skumme is off, there will arise still some skumme, which you must take off with a skymmer, as cleane as you can, & when your syrups hath sodden a pretty while, then put in your Orenges, and let them boyle softly, till you thinke they be enough, & the sirrup must be somwhat thick, then let your Orenges stand all night vpon the fire, but there must be nothing but imbers. And in the morning take them vp, and put them in Glasses or Gallie pottes.

To preserue Cheries.

TAke euery pound of Cheries take a pound of suger, that done take a fewe Cheries and distreine them to make your syruppe, and to euerie pound, a pound of Suger, and

Cheries

Cheries, take a quarter of a poũd of ſyrrup, and this done take your ſyrrup and Suger, and ſet it on the fire, then put your Cheries into your ſirrup, and let them boyle fiue ſeueral times, and after euerie boiling ſkum them with the backeſide of a ſpoone.

To preſerue Gooſeberies.

TAke to euerie pound of Goſeberies, one pound of Suger, then take ſome of the Gooſeberies and diſtraine them, then take the ſyrrup, and to euerie pound of Goſeberies take halfe a pound of ſirrup, then ſet the ſuger, and the ſirrup ouer the fire, and put in the goſeberies, and boyle them foure ſeuerall times and ſkumme them cleane.

To make Apple moyſe.

ROſte your apples, and when they bee rofted, pill them and ſtreine them into a diſh, and pare a dozen of Apples and cut them into a chafer, and put in a litle white wine and a litle Butter, and let them boyle till they be as ſoft as Pap, and ſtirre them a litle, and ſtreine them to ſome Wardens rofted and pilled, and put in Suger, Sinamom and Ginger, and make Diamonds of Paſte and lay them in the Sauce, then ſcrape a little Suger vppon them in the diſh.

A pouder peereleſſe for woundes.

TAke Orpiment and Verdigréece, of ech an ounce, of Vitrial burned till it be red two ounces, bray each of them by it ſelf in a Brazen morter as ſmall as flower, then mingle them altogether that they appeare all as one, and kéepe it in Wagges of Leather well bound, for it will laſt ſeuen yeare with one vertue, & is called Pouder peereles, it hath no péere for working in Chirurgerie: for put this pouder in a wounde, whereas is dead fleſh, and lay ſcrapt Linte about it, and a Plaiſter of Duiſolius next vnderneath written, and it, &c. The reſt wanteth.

A medicine for the Megrime, Impoſtume of the Rewme, or other diſeaſes in the head.

TAke Pellitorie of Spaine the weight of a groate, halfe ſo much Spegall, beate theſe in pouder, take the tops of Iſope, of Roſemarie with the flowers, three or foure leaues of Sage in the hole, of theſe hearbes one ſmall handfull, boyle all theſe hearbes with the Spices in halfe a pint of White wine, and halfe a pinte of Vineger of Roſes, vntill one halfe of the liquour be con-

consumed, then streyne forth the hearbes, and set the liquor to coole, and being colde put thereunto three spoonefull of good Mustarde, and so much honey as will take away the tartnes of the medicine, and when the patient feeleth any paine in his head, take a spoonefull thereof and put it into his mouth, and holde it a pretie while gargasing, and then spit it forth into a vessell, and so vse to take ten spoonefulles at one time in ỳ morning fasting, vsing this three daies together: when they feele themselues troubled with the Rewme, at the fall and spring of the leafe is best taking therof, and by the grace of God they shall finde ease.

You must keepe this same medicine verie close in a glasse, whose goodnesse will last ten dayes, & when you take it, warme it as Milke from the Cowe.

A Copie of Doctor Stephans water.

TAke a gallon of Gascoigne wine, then take Ginger, Galingale, Camamill, Sinamome, Graines, Cloues, Mace, and seedes, Fennell seedes, Carraway seedes, of euerie of them one dramme, that is two pence

pence halfe peny weight, then take Suger minced, red Roses, Time, Pellitorie of the wall, wilde Margerum, Peniriall, Peny-mountain, wild Time, Lauender, Auens, of euerie of them one handfull, then beate the spice small and bruse the hearbes, and put all to the wine, and let it stand twelue houres stirring of it diuers times, then still it in a Limbecke, and keepe the first pint of water by it selfe, so is it best, then will come a second water which is not so good as the first, the vertue of this water is this: It comforteth the spirites, and preserueth greatly the youth of man, and helpeth inwarde diseases comming of colde, against the shaking of the Palsey: it cureth the contraction of sinewes, and helpeth the vnception of women: it killeth the wormes in the bellie, it helpeth the toothache, it helpeth the cold Gowte, it comforteth the stomack, it cureth the colde Dropsie, it helpeth the Stone in the Bladder, and the Reines of the backe, it cureth the Canker, it helpeth shortly a stinking breath: And who so vseth this water now and then and not too often, it preserueth him a good liking, and shall make him seeme young very long.

A medicicine for all manner of Sores.

TAke vnwrought Ware, Turpentine, oyle Olife, sheepes tallowe, or Deeres Sewet, a quantitie of euerie of them, and then take a quantitie of the iuyce of Bugel, the iuyce of Smallage, a quantitie of Rossen, and boyle them all together ouer a soft fire, stirring them alwayes till they be well mingled, and that the greenes of the ioyce be come, and then straine it through a faire cloth, into a cleane vessell, and this shall heale wounde or sore whatsoeuer it bee.

Another for all sores.

TAke a quarter of a pound of Pitch, as much of Ware, as much of Rossen, as much of capons grease, or other soft grease, and put them in a panne, and seeth them al together, till they bee melted, and then straine them through a faire cloath: and make a plaister to lay to the place greeued.

To defend Humors.

TAke beanes, the rinde or the vpper skin being pulled of, & bruse them and mingle them with the white of an Eg: and make it sticke to the Temples, it keepeth backe humor flowing to the eyes.

To

To make Rosemarie water.

TAke the Rosemarie, and the flowers in the middest of May, before sunne arise, and strippe the leaues and the flowers from the stalke, take foure or fiue Alicompane rotes, and a handfull or two of Sage, then beat the Rosemarie, the Sage and rotes together, till they be verie small, and take three ounces of cloues, iij. ounces of Mace, iij. ounces of Nubles, halfe a pound of Annisseedes, and beat these spices euerie one by it selfe. Then take all the Yearbes and the Spices, and put therein foure or fiue gallons of good white wine, then put in all these Yearbes and Spices, and Wine, into an earthen pot, and put the same Pot in the ground the space of fiueteene dayes, then take it vp, and still in a Still with a verie soft fire.

To make Bisket bread.

FIrst take halfe a Pecke of fine white flower, also eight newe laid Egges, the Whites and Yolkes beaten together, then put the said Egges into the Flower, then take eight Graines of fine Muske, and stampe it in a Morter, then put halfe a pint of good Damaskewater, or else Roscwater into the Muske, and mingle it together,

and put it into wine, or Muſcaden, but Muſcaden is better, and put it into the flowre, alſo one ounce of good Anniſeedes cleane picked, & put therein, and ſo to worke them altogether into a Paſte, as yee doe bread, and then make your bis kettes into what faſhion you thinke beſt, and then put them into an Ouen and bake them harde if you will keepe them long, or elſe but indifferent, if you will haue it candite, take roſe water and Suger, and boyle them together till they be thicke, and ſo ſlices of bread, then ſet hot in the Ouen vntill the ſame be candit.

Certaine approued points of Husbandrie, very neceſſarie for all Husbandmen to knowe.

Firſt of Oxen.

TOkens whereby an Oxe is knowen to be good and towarde for the worke, are theſe: ready and quicke at the boyce, hee moueth quickly: he is ſhort and large, great eares, the Hornes liuely and of meane bigneſſe and blacke, the head ſhort, the breaſt large, a great panche, the tayle long touching the ground with a tuffe at the ende, the haire curled, the backe ſtraight, the raines

raines large, the leg ſtrong & ſtnowes, the houſſe ſhort, and large, the beſt colour is blacke and red, and next vnto that the bay and the pyed, the white is the worſt, the greye and the fallowe or yellowe is of leſſe valure. The charge of one that keepeth them is chiefly to vſe them gently, to ſerue them with meate and good litter, to rubbe or kembe them at night, to ſtrike them ouer in the morning, waſhing ſometimes their Tailes with warme water, alſo to keepe their ſtable cleane, and that the poultrie or Hogges come not in, for the feathers may kill the Oxen, and the dung of ſick Hogges breedeth the Murren.

Item hee muſt knowe diſcreetely when oxen haue laboured enough, and when but litle, and according to that they are to bee fedde.

Item that he worke them not in a time too cold or to wet.

Item that hee ſuffer them not to drinke preſently after a great labour, and that he tie them not vp foorthwith, vntill they be a little refreſhed abroade.

The Ore deſireth cleare or running water like as the Horſe deſireth the puddle or troubled water.

Item that at their comming home, hee alwayes ouerlooke them, whether there be any Thornes in their feete, or if the Poke haue galled them.

In Fraunce they gelde all their Bullcalues about the age of two yeares, & that at the fall of the leafe.

The day when they are to be cut, they muſt not drinke, and muſt eate but little. They ſuddenly clippe the ſinnowes of the ſtones with a paire of tongues, and ſo cut out the ſtones in ſuch ſort, as they leaue behind the end that is tied vnto the ſinnowes for ſo the Calfe or Bullocke ſhall not bleed ouermuch, nor ſhall leeſe all his virilitie and courage.

At the age of ten moneths the Bullocke changeth his forcteeth, and at fiue moneths after they ſcale the nexte teeth, and at the ende of three yeares he chaungeth all his teeth.

Note when an Oxe is at beſt, his teeth are equall, white and long, and when he is old, the teeth be vnequall and blacke.

If an Oxe haue the laſke, which often times is with bloud, and maketh him very weake, they kéepe him from drinke foure or fiue dayes, they giue him Walnuttes and

hard

harde Cheese, tempered in thicke wine, and for the vttermoste remedie, they let him bleed in the middes of the forehead.

To make him loose bellied they giue him two ounces of aloes, made in pouder with warme water.

An Oxe pisseth bloud of beeing too much chafed, or of eating il hearbes, or flowers, they keepe him from drinke and drench him with Treacle in two pintes of Wine or Ale, putting thereto Saffron.

For the Cough they seeth Isope in his drinke.

For the biting of an Adder or venimous dogge, they noint the place with oyle of Scorpion.

If hee bee lame of colde in his feete, they wash him with olde vrine warmed.

If he be lame of the aboundance of blood fallen downe into the pasternes and hoofe, they dissolue it by rubbing and launcing.

Item the better to keepe their Oxen in health, whether they be to be laboured or to be fatted, they wash his mouth eight dayes with vrine, and there is taken away much fleame, which taketh from an Oxe his taste and stomacke.

If the fleame haue made him haue the

murre, which is knowne by the watering of the eye, they wash his mouth with time and white Wine or rubbe it with water and salte.

Of Horses.

TOkens of a good Colte, the head little and leane, the eare straight, the eyes great, the nostrelles wide, the necke little towardes the head, the backe short & large, close bellied, the cullions or stones equall and small, the tayle long tufted with haire thicke and curled, the legges equall high and straight, the houfe blacke harde and hye, he should be quicke and pleasant.

The age of Horses is knowen partly by the howfe, & principally by the teeth. When the Horse is two yeres and a halfe, the middle téeth aboue and beneath doe fall.

When he is foure yeare olde, the dogge téeth fall and others come in their places, before he be fiue yeere olde the great téeth aboue doe fall, and the first yere the first that fell come againe, the seauenth yeere all is fulle, and they be all shut.

Of Sheepe.

CErtaine dayes before the Rammes be put to the Powes, they drench them with Salt water, thereby the Powes will take

toke the better, and the rammes (they say) ware more full of appetite.

To haue manie male lambes, they chuse a drie time, the wind at North, letting the Powes goe in pasture that laieth open against the Northerne wind, and then put in the Rammes.

To haue manie female Lambes, they contrariewise obserue the South winde.

When a Pow is with lambe, if she haue a blacke tongue they say, the lambe will be black, and if the tongue be white, the lambe likewise will be white.

Tokens of a good sheepe: a great bodie, the necke long, the woll deepe, soft and fine, the bellie great and couered with woll, the tets great, great eyes, long legges and long taile.

Tokens of a good Ramme, the body high and long, a great bellie couered with woll, a fliece thicke, the forhead broad, eyes black with much woll about them, great eares couered with woll, great stones, well horned but the more writhed the better, the tongue and pallat of the mouth all white, to the end that the Lambes may bee all white.

Of

Of Hogges.

THe Hogge of himselfe though filthy, yet they say he prospereth the best, if hee lodge in a cleane stye, and euery moneth his stye should be cast ouer with fresh grauaile or sand, to make his lying fresh, and to drie vp the pisse and filth.

They geld their pigges when they are a yeare old or fiue monethes at the least, for they ware much greater if they be gelded at the said age.

They chuse them Boares that haue the head short and large, the brest large, colour blacke or white, the feet short, the legges great, and those that haue strongest haire on the top of their backe.

Those are to be kept for sowes which be longest, with hanging bellies, great Dettes, deepe ribbed, a litle head, and short legges.

Hogges be sicke when they rubbe much their eare or refrain their meat, but if none of these signes appeare, they plucke of one of his haires on the backe, if he be cleane & white at the roote, he is well, if he be bloudie or soule, he is sicke.

They will haue their hogges either all white, or all blacke, and in anie wise not

not speckled or of two colours.

They refraine from dunging their land while the moone encreaseth, for that they note more abundance of weedes to come thereby.

Touching the sowing of Beanes they obserue this. At the fall of the leafe, in strong land they sow the great Beanes. At spring time in weake and light ground, they sow the common small Beanes and both sortes at the full of the Moone, that they may be better codded.

They vse to cut them at the new of the Moone before day.

Their flaxe as soone as they haue gathered it, they set it vnder a house or houell, and suffer it not to take raine or dewe as we doe.

To make Cheese yelow, they put in a litle Saffron.

To keepe Apples, they lay them on straw strowed, the eye of the Apple downwards, and not the stemme.

And when they would haue anie great store, well and long kept from perishing, they gather and chuse the soundest, beautiest and fairest, being not ouer riped, they prouide a Hogshed, Fat, or great Whitch, they

they bring the Apples where it shall stand, then they lay a laine of straw, and vpon the same a laine of Apples, and then straw againe, and Apples like wise vntill the vessell be full to the brimme, shuting it close, with the head or couer that no aire come in.

To cure the malladie of trées that beare wormeaten fruite, which commeth of much wet or a moist season, at that time they pearse the trées through with an Auger as neere the roote as they may, to the end that the humor whereof the wormes doe breed, may distill out of the trée.

If trées through oldnesse or otherwise leaue bearing of fruite vsually, they vse not to loppe them, but onely cut away the head boughes, they vncouer the rootes after all Saintes tide, and cleane the greatest of the rootes, putting into the clefts shiuers of flints or hard stones, letting them there remaine, to the end that the humor of the earth may enter and ascend into the trée, after about the end of winter, they couer againe the rootes with verie good earth, if they haue anie deade Carrens, they burie them about the rootes of such Trées.

An

An excellent drinke for the Tiſſicke well approued.

TAke a handfull of fennell rwts, as much perſly rwts, as many Aliſander rwtes, halfe a handfull of Borrage rwtes, and put out the pith of all the ſaide rootes, then take halfe a handfull of Penitryall, as much of Violet leaues, and as much of cinckfoyle, as much Succary, Endiue, Holly hocke leaues, Mallow leaues, and redd gardene mints, of all theſe the like quantitie as of theſe next before, halfe a handfull of Licoris ſticks ſcraped, bruſed and beaten to fine powder, a gallon of faire running water, boyle therein all theſe ſimples, and boyle theſe ſeedes with them, that is, three ſpone-full of Anniſeeds, as much Fennell ſeede, the like of Colliander ſeede and Commin ſeede, a good handfull of Dandelion rootes, and ſo boyle altogether from a gallon to a pottell, and let the patient drinke thereof firſt and laſt, and it will helpe him in ſhort ſpace. *probatum eſt.*

To make water imperiall for all woundes and Cankers.

TAke a handfull of red Sage leaues, a handfull of Selondine, as much of woodbind leaues, take a gallon of conduit water,

water, and put the hearbes in it, & let them boile to a pottle, and then strain the hearbes through a strainer, and take the liquor and set it ouer the fire againe, take a pint of English hony, a good handfull of Roch Allam, as much of white Copperas, Tyme beaten, a pennieworth of graines brused, & let them boile all together three or foure wawmes, and then let the skumme be taken off with a feather, and when it is colde, put it in an earthen pot or bottle, so as it may be kept close, and for a greene wound take of the thinnest, and for an old wound of the thickest, couer the sore rather with Veale or Mutton, skimme them with dock leaues, when that you haue dressed them with this water.

To make water imperiall an other way.

TAke a handfull of Dragon, of scabious, of Endiue, a handfull of Pumpernell, a handful of Mormewood, of Rew, of Tansie, of Fetherfoye, of dasie leaues, of Cowslips, of maiden haire, of sinckfoyle, of dandelion, of Tyme, of bawne, of each of these hearbes a handfull, of Treakle a pound, of Bole armoniacke foure ounces, and when you haue all these hearbes together, you must

must take and shread them a litle, not too small, then take the Treakle, and the Bole armoniacke, and mingle them and the hearbes together, then put them in a stillatorie, and still them: & fiet.

To make Sinamom water.

TAke Kennish wine a quart, or Spanish wine a pint, rose water a pint & a halfe. Sinamom bruised a pound and a halfe, let these stand infused the space of foure and twentie houres, then destill it, and beeing close stopped and luted, then with a soft fire destill the same softly in a Limbeck of glasse and receiue the first water by it selfe.

Also if ye be so disposed to make the same water weaker, take three pints of rose water, and a pint and a halfe of Kennish wine, and so distill the same, and you shall haue to the qualitie of stuffe the quantie of the water, which is three pints, but the first is best, and so reserue it to your vse both morning and euening.

To make Sinamon water another way.

TAke three quarts of Muscadine, and a pound of Sinamon, and halfe a pint of good Rosewater, & so let them lie infused the space of foure and twenty howers, and

and destill it as aforesaid, and you shall receine to the quantitie as to the quallitie, but the first pint is the best and the chiefest of all the other as is manifest by practise.

To make Aqua composita for a surfet.

TAke rosemarie, Fenell, Isops, Time, Sage, horehound, of each of these a handfull, Pennyryal, red mints, marierum, of each fiue crops, a roote of Enula Campana, of Licoras, Anneyseede bruised of each two ounces, put all these to three gallons of mightie strong Ale, and put it into a brasse pot ouer an easie fire, and set the Limbecke vpon it, and stop it close with dowe or past, that no aire doe goe out, and so keepe it stilling with a soft fire, and so preserue it to your vse as need requireth.

To make the water of life.

TAke Balme leaues & stalkes, burnet leaues and flowers, a handful of rosemary, turmentill leaues and rootes, Rosa solis, a handfull, red roses a handfull, Carnations a handfull, Isop a handfull, a handfull of Time, redstrings that grow vpon Sauerie a handfull, red Fennel leaues and rootes a handfull, red Mints a handfull, put all these hearbs into a pot of earth glased

led, and put therto as much white wine as will couer the hearbes, and let them ſoake therein eight or nine dayes, then take an ounce of Sinamom, as much of Ginger, as much of Nutmegs, Cloues and Saffron, a litle quantitie, of Annyſedes a pound, great Raiſons a pound, Suger a pound, halfe a pound of Dates, the hinder part of an olde Conye, a good fleſhly running Capon, the fleſh and ſinewes of a legge of mutton, foure young Pigiõs, a dozen of Larkes, the yolkes of twelue egges, a loafe of white bread cut in ſippettes, Muſcadell or Baſtard three gallons, or as much in quantitie as ſufficeth to diſtill all theſe things at once in a Limbecke, and thereto put of Methridatum two or three ounces, or elſe with as much perfect treakell, and deſtill it with a moderate fire, and keepe the firſt water by it ſelfe, and the ſecond water alone alſo, & when there cõmeth no more water with ſtrings, take away the limbecke, & put into the pot more wine vppon the ſame ſtuffe, and ſtill it againe, and you ſhal haue an other good water, and ſhall ſo remaine good. In the firſt ingredience of this water, you muſt keepe a double glaſſe warely, for it is reſtoratiue of all principall mem-

bers, and defendeth against all pestilencial diseales, as against the Paulie, Dropsie, Spleene, yellowe or blacke Jaundice, for wormes in the bellie, and for all agues bee they hot or cold, and al maner of swellings, and pestilenciall sorowes in man, as melancholy, & fleugmatike, & it strengtheneth and comforteth al the spirits and strings of the braine, as the heart, the milte, the liuer, and the stomacke, by taking thereof two or three spoonefuls at one time by it selfe, or with Ale, wine or beare, and by putting a prete quantitie of Suger therein, also it helpeth digestion, and doth breake winde, and stoppeth laske, and bindeth not, and it mightely helpeth and easeth man or Woman of the paine af the heart burning, and for to quicken the memorie of man, & take of this water three spoonefuls a day, in the morning, and an other after bee goeth to dinner, and the third last at night.

To make a good plaister for the strangurie.

TAke holly hocks, and violets, and mercury, the leaues of these herbes, or the seedes of them, also the rinde of the elderne tree, and also leyd Wort, of eth of these a handfull, and beate them small, and seeth them

them in water till halfe be conſumed, then doe thereto a little oyle Oliue, and all hot make thereof a plaiſter, and laye it to the ſore and raines, and alſo in Sommer thou muſt make him a drinke in this maner: take Saxifrage, and the leaues of elderne, fine leafed graſſe, and ſeeth them in a pottell of ſtale ale, till the halfe be waſted, and then ſtraine it and keepe it cleane, and let the ſicke drinke thereof firſt and laſt, and if you lacke theſe hearbes becauſe of winter, then take the rootes of fine leaued graſſe and drie them, and make thereof pouder, and then take Dyſter ſhelles and burne them, and make pouder of them, and mingle them together, and ſo let the ſicke vſe thereof in his pottage and drinke, and it ſhall helpe him.

To make a powder for the ſtone and ſtrangullian.

TAke blacke bramble berries while they be redde, Iuie berries, the inner pith of the Aſhe keyes, the ſtones of Eglantine Berries clouen, rubbed from the haire, Nutte keyes, the rootes of Philopendula, of all theſe a like quantitie, Accorne kernels, the ſtones of Sloes, of each a like quantitie, drie all theſe on platters in an

ouen til they will be beaten to pouder, then take grounsell seede, Sapistrage seede, Alisander seede, coliander seede, parsley seede, comin seede, fenell seede, annis seede, of ech of these a like quantitie, as much as is before written, and dried in like sort, then beate al these to fine pouder, and take Licoras of the best that you can get faire scraped, as much in quantitie as of al the other, & beate it fine, & mingle it with the same pouder, & so keepe it close that no winde come at it. vse it first & last with pollet drinke made with white wine, or Ale, & when you eate your potage or other broth, put some in it if you be sore pained, & if you haue any stone, it will come away by shiuers, and if it do so, when you thinke that your water beginneth to cleare againe, take this drinke that followeth, and it will cleane your bladder, and it wil leaue no corruption therein.

The drinke.

TAke Rosemary, wild Time, and seeth them in running water, with as much Suger as will make it sweete from a quart to a pint, vse the quantitie of your hearbes according to your discretion, so that it may sauer well of the hearbes, and so vse it 9. mornings 6. or 7. spoonefulles at a time.

For

For the shingles a remedie.

TAke Doues dirt that is moistie, and of Barly meale heaped halfe a pound, and stampe thē well together, & do thereto halfe a pint of vinegar, and meddle them together, and so lay it to the sore colde, laye wall leaues thereupon, and so let it lie thrée dayes vnremoued, and on the thirde day if neede require, lay thereto a newe plaister of the same, and at the most he shalbe whole within thrée plaisters.

For all maner of finnewes that are shortened.

TAke the head of a blacke sheepe, Camemill, Lorrell leaues, wage of eache, a handful, and bray these hearbs in a morter, then boyle them altogether in water till they be well sodden, and let them stand till that they be colde, then drawe it through a strainer and so vse it.

A sufferaigne ointment for shrunken finnowes and aches.

TAke eight Swallowes readie to flie out of the nest, driue away the breeders whē you take them out, and let them not touch the earth, stampe them vntill the Fethers can not be perceined, put to it lauender cotten, of the strings of strawberies, the tops

of mother time, the toppes of rosemarie of eache a handfull, take all their weight of May butter, and a quart more, stampe all the Fethers that nothing can be perceiued, in a stone morter, thē make it up in bales, and put it into an earthen pot for eight daies close stopped that no ayre take them, take it out, and on as soft fire as may be seeth it, so that it do but simper, then strain it, and so reserue it to your vse.

For sinowes that be broken in two.

TAke wormes while they be knitte, and looke that they depart not, and stampe them, and lay it to the sore, and it will knit the sinowes that be broken in two.

For to knit sinowes that be broken.

TAke archangel, and cut it small in gobbets, and lay it to the sore, and take milfoile, and stampe it, and lay it aboue it hard bound, and let it lie so three dayes, and at the three daies end take it away, and wash it with wine, and then make a new plaister of the same, and at three dayes end put thereto an other, and doe nothing els thereto.

Also take peniryall, and bray it, and put salt enough to them, and temper it with hony, and make a plaister therof, and lay it

vp

vpon the sinowes that be stiffe, and it will make them to stretch.

An oyle to stretch sinowes that be shrunke.

TAke a quart of Neates foote Oyle, a pinte of Neates Gall, halfe a pinte of Rose water, as much Aqua Vita, then put all these together into a brasse panne, then take a handfull of Lauender cotten and as much of Bay leaues, a good quantitie of Rosemary, a good quantie of Lauender spike, of Strawbery leaues the stringes and all, then take thread and bind them all in seuerall braunches, and put them into the panne or pot, and set them ouer the fire vpon cleare coales with the oyles altogether, and so let them boyle a good while, and when it is boyled enough, it will boyle but softly, then take it of the fire, and let it stand till it be almoste colde, then straine it out into a wide mouthed Glasse, Bottle or pewter pot, and stop it close, it will not continue in no wodden thing, and where the sinowes be shrunke, take of this being warmed, and annoint the place therewith, and chafe it well against the fire, and vse this morning and euening, and keepe the place warme, and you shal find great ease.

For to staunch blood.

TAke Bole Armoniake, and Turpentine, and make a plaister, and lay it to. Also take the mosse of the Hazell tree, and cast it into the wound and it will staunch foorthwith, and the longer that it is gathered the better it is. Also take a good peece of Martinmas Beefe out of the roufe, and heate it on Coales, and as hot as ye may suffer it lay it thereto. Also take a peece of leane Salt Beefe, and let the Beefe be of that greatnesse that it may fill the wound, and lay it in the fire in the hot Ashes, till it be hot through, and all hot thrust it in the wound, and bind it fast, and it shall staunch anon the bleeding, when a maister vaine is cut, and if the wound be large.

For swelling that commeth suddenly in mans limmes.

TAke hartes tongue, cherfoyle, and cut them small, and then take dregges of Ale, and Wheate braune, and sheepes tallowe molte, and doe all in a potte, and seeth them, till that they be thick, and then make a plaister, and lay it to the swelling.

Also take faire water and salt, and stirre them wel together, and therein wet a cloth, and lay it to the swelling.

For

For to make one ſlender.

TAke Fennell, and ſeeth it in water, a very good quantitie, and wring out the iuyce therof when it is ſod, and drinke it firſt and laſte, and it ſhall ſwage either him or her.

A good ointment for ſcabs, and for itching of the bodie.

TAke foure ounces of oyle de bay, and an ounce of frankenſence, & two ounces of white ware, and three ounces of ſwines greaſe, and an ounce of Dutcheſſiner that muſt bee ſlacked with faſting ſpittle, an ounce of great ſalt, as much of the one as of the other, and of all theſe make an ointment, and if the ſcabs or itch be vpon all the whole body as well about the girdle as beneath, then when thou goeſt to bedde waſh both thy hands and thy feete with warme water, and battle them well therein by the fire, and after drie them with a cloth of linnen, then take vp with thy fingers of that ointment, and doe it in the palmes of thy hands, and in the ſoles of thy feete, and rub it wel together that it may drinke in wel, & if it do ſinke in wel, thou muſt put gloues on thy hands and ſockes on thy feete, and thus doe euerie night when thou doeſt go to bed.

and in the scabbes or itch be aboue the girdle and not beneth, then anoint but the hands, and if the scabbe be beneath the girdle, then looke that you annoint the soles of your feete, and the scabbe or itch be in all thy body as wel aboue the girdle as beneath, then thou must annoint both thy hands and thy feete as thou sittest by the fire, & thou shalt be whole: this hath bene proued.

For all maner of scabbes.

TAke Enela Campana, red docke rootes, nightshad, woodbind leaues, and then cast in a peece of Allam, and put in Vitriol Romana rubrified, when it is cold, & wash the scab therewith.

Also take white ointment, Brimstone, Quicksiluer, verdigrease, and mingle them together, & therewith annoint the foule scab.

For a man that hath drunken poison.

TAke betony, and stampe it, & mingle it with water, and the poison that the partie hath drunke, will presently come foorth againe.

To restore speech that is lost suddenly.

TAke penerial, & temper it with aysel, & giue it to the sicke to drinke it, lay also a plaister of this to his nosthrils so greened.

FINIS.

The table of the Booke folo W-

ing, gathered according to euerie folio throughout the whole Booke.

TO boyle Larkes fol. 4.
To boyle Conies. 4
To boyle a Conie. 4
To boyle Chickins. 4
To boile Mutton and Chickins. 4
To boyle Chickins. 4
An other way to boile Chickins. 4
To boile Plouers. 4
To boile Teales. 4
To boile steakes between two dishes. 4
To boile a neats tongue. 4
To boile a Capon. 4
The boiling of a Capon. 4
To boile a Capon with Orenges & Lemmons. 5
To boile a Capō in white broth with Almondes. 5
To boile a capon in white broth. 5
To make boiled meates for dinner. 6
To boile meates for supper. 6
To boile a legge of mutton with a Pudding. 6
To boile pigges feete & petitoes. 7
To make a mortis. 7
To boyle a lambes head and purtenance. 7
To boile quailes. 7
To make stewed steakes. 7
To stewe Calues feete. 8
To stewe a Mallard. 8
To make Aloes. 8
To make fritters of spinnedge. 8
A fritter to be made in a mouldc. 9
To boile Pigeons in blacke

blacke broth. 9
To ſmeare a Conie. 9
To boile a Mallard with Cabbege. 9
To boile a Ducke with Turneps. 9
To make white Eſtinges. 10
To make blacke puddings. 10
To make ſtrong broth for ſicke men. 10
To boyle a breame. 10
To boile Muſkles. 10
To boile ſtocke fiſh. 10
To make bake meates. 11
An other bake meate. 11
An other ibidem. 11
To make Marow pie. 11
To boyle pie meate. 14
To make fine Cakes. 12
To make fine cracknels. 12
To bake Conies 12
To bake a breſt of Veale. 12
To make a pudding in a breſt of veale. 13
To bake a Gammon of Bakon. 13
To make fine Biſket Bread. 13
To bake a Turkie and take out his bones. 13
To bake a Kidde. 14
To bake a Mallard. 14
To make a pie of Humbles. 14
To bake Red deare. 14
An other bake meate for Chickins. 15
To bake Caluesfeete. 15
To ſauce a pigge. 15
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To make fritter ſtuffe. 16
For to bake a Hare. 16
To preſerue Orenges. 16
To make all manner of Fruite Tartes. 17
To make a tarte of preſerued ſtuffe. 17
To make tartes of prunes 17
To make a tarte of Riſe. 17
To make a Cuſtard. 17
To make a tarte of Wardens. 17
To make a tart with butter and egges. 17
To make a tarte of Spinnedge. 17
To make a tarte of ſtrawberies. 17

To

To make a tart of Hippes 17
To bake the humbles of a Deere. 17
To make a veale pie. 17
For to make mutton pies.
To bake Calues feete. 19
To bake Chickins in a Cawdle. 19
To bake Pigeons. 19
To bake a Conie. 19
To bake a Gammon of Baken to keep cold. 19
To make fine bread. 19
To bake a neates tongue 18
To make Nutmegs. 18
To make fillets of Beefe or clods, in steede of red Deare. 18
To make a tart that is a courage to man or woman. 18
To stewe a Cocke. 21
To preserue all kinde of fruites, that they shall not breake in the preseruing of them. 21
To make a sirruppe for bakemeates. 21
To roste a carpe or tench with a pudding in his bellie. 19
To make fresh cheese & Creame. 19

THE NAMES OF althinges necessarie for a banket.

To make manus Christi. 23
To make a Caudle to comfort the stomacke, good for an old man. 23
To make a trifle. 23
To make marmelet of Quinces. 24
To make butter paste. 24
To make fritter stuffe. 24
To make a made dish of Artechokes. 24
To frie Baken. 25
To frie Chickins. 25
To make a boyled meate after the French waies. 25
To make a Sallet of all kinde of herbes. 25
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To make a sallet of Lemmons. 26
To make a Sauledge. 26
To make a Pie. 26
To make white broth with Almondes. 27
To make pottage to lose the body.
To make another verie good

good potage to be vsed in the morning. 27
To boile diuerse kinds of Fishes. 28
To make broth for one that is weake. 28
To boile a Capon with a Syrup. 28
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To roste deares toungs. 29
To make blackemanger. 29
To make pescods in lent. 29
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To make a tart of a neare of veale. 30
To make a tart of strawberies. 31
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To make a tart of greene pease. 31
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To make Marmelet of of Quinces. 34
To make Codamacke of Quinces. 34
To make cast creame. 35
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To make a vaunt. 35
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To preserue peare plums. 37
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A medicine for al manner of sores. 40
An other for all sores. 40
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To make water imperiall an other way. 46
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To make Sinamon water another way. 47
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